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SUGGESTED USAGE: As a dietary supplement, take 1 to 2 droppersful in tea or water, prior to bedtime as needed.

Valerian Root has been an herbal favorite in many cultures for centuries.

Caution: Because of its relaxing effects, avoid driving or operation of heavy machinery following any significant consumption of this herb. If you are pregnant/lactating or taking any medications, please consult your healthcare practitioner prior to use. Keep out of reach of children.



Valerian Root Extract

HERBAL SUPPLEMENT

Liquid Extract

- 100% Harvest Fresh Herbs

Net 2 fl. oz. (60 mL)

A Dietary Supplement Vegetarian Formula



Supplement Facts

Serving Size 2 Droppersful (1.6 mL)
Servings Per Container 37

Amount Per Serving	
Valerian Root Extract (<i>Valeriana officinalis</i>)	1.6 mL*
(Tincture Strength 1:2)	

* Daily Value not established.

Other ingredients: Distilled Water, Vegetable Glycerin and Grain Alcohol.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives. **Vegetarian/Vegan Product.**

Store in a cool, dry place. Please Recycle.