

RECOMMENDATIONS:

Adults take 2 capsules, 1 hour before bed time or as directed by your health care provider.

*Not recommended during pregnancy or nursing without consulting your health care provider prior to use. **Keep away from children.** Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.*

LIQUID PHYTO-CAPS® deliver a concentrated liquid herbal extract in a 100% vegetarian capsule. Manufactured exclusively by Gaia Herbs, Inc.

Contains no animal
by-products and no gelatin

Tested **FREE** of
Heavy Metal Toxicity



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HERBS | PROFESSIONAL
SOLUTIONS

VALERIAN

Liquid Phyto-Caps®

Purity. Integrity. Potency.

60 LIQUID-FILLED CAPSULES • 100% VEGETARIAN

A DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

AMOUNT PER SERVING

Calories 20

Valerian root ▲ (*Valeriana officinalis*) 450mg†
(1.8 mg† Valerenic acid derivatives)

†Daily Value not established.

Other ingredients: Vegetable glycerin, capsule (vegetable cellulose)

▲ = Certified Organic Ingredient

Each 2 capsules contain 1,600 mg dry herb equivalent
Gaia Herbs Liquid Phyto-Caps™ U.S. Patent No. 6,238,696 B1

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Best By:

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