

## Suggested Use

Take 40-60 drops of extract in a small amount of water every 20 minutes beginning one hour before bed time, for a maximum of three doses. Maximum time of use: one month.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have, or have had, liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a health practitioner. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Use only as directed on label. 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.

[GaiaHerbs.com](http://GaiaHerbs.com)

## Alcohol Free Extract

# Valerian Poppy SUPREME

Synergistic herbal blend

**gaia**  
HERBS

DIETARY SUPPLEMENT 1 FL OZ (30ML)

Meet your herbs at [GaiaHerbs.com](http://GaiaHerbs.com) BEST BY

## Supplement Facts

Serving Size 40 Drops

Servings Per Container 22.5

### AMOUNT PER SERVING

#### PROPRIETARY BLEND †

EXTRACTS FROM: VALERIAN root▲  
[*Valeriana officinalis*], fresh SKULLCAP  
herb▲ [*Scutellaria lateriflora*], KAVA KAVA  
root+ [*Piper methysticum*], CALIFORNIA  
POPPY herb & root▲ [*Eschscholzia  
californica*], PASSIONFLOWER flowering  
vine▲ [*Passiflora incarnata*], GERMAN  
CHAMOMILE flowers▲ [*Matricaria recutita*],  
MUGWORT herb▲ [*Artemisia vulgaris*], Pure  
Vegetable Glycerin, and Water.

† Daily Value not established.

▲ = Certified Organic Ingredient

+ = Ecologically Harvested

GAIA HERBS, INC.

101 Gaia Herbs Dr., Brevard, NC 28712



(06) 1230-1110