

Suggested Use

Take 30-40 drops of extract in a small amount of water twice within 1 hour before bedtime.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before use.

Keep away from children. Use only as directed on label.

Safety sealed for your protection.

GaiaHerbs.com

Liquid Herbal Extract

CERTIFIED ORGANIC

Valerian Root

333 mg/ml herb equivalency

gaia
ORGANICS



DIETARY SUPPLEMENT 1 FL OZ (30ML)

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Supplement Facts

Serving Size 30 Drops (1 ml)

Servings Per Container 30

AMOUNT PER SERVING

EXTRACT †

Organic Valerian root

(Valeriana officinalis)

in Organic Grain Alcohol USP
(50-60%) and Water

MINIMUM DRY HERB STRENGTH RATIO: 1:3

†Daily Value not established.

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