

alcohol - free

VALERIAN

NERVOUS SYSTEM

Calming & Relaxing*



HERB  PHARM®

HERBAL SUPPLEMENT

2 fluid ounces (60 ml)

SUGGESTED USE

SHAKE WELL BEFORE USING

Add 1 full squeeze of the dropper bulb to 2 oz. of water or juice, up to 4 times per day for general relaxation.* May be taken up to 1 hour before bed and again at bedtime. Best taken between meals.

Keep Out of the Reach of Children

Store away from heat & light

Valerian Glycerite

Promotes Relaxation & Restful Sleep*

Supplement Facts

Serving Size: 0.7

Servings: about 84

Amount Per Serving

% DV

Valerian rhizome w/root
(*Valeriana officinalis*) Ⓞ extract 825 mg Ⓜ

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† Daily Value (DV) not established

Other Ingredients: certified organic vegetable glycerin & distilled water. Non-GMO & Gluten-Free

Ⓞ Certified Organic

Ⓜ Extraction rate 175 mg herb per 0.7 ml.

CONTAINS NO ALCOHOL

Dry herb / menstruum ratio: 1 : 4

HERB PHARM • WILLIAMS, OR 97544
800-348-4372 • www.herb-pharm.com
Certified organic by Organic Certifiers

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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