

alcohol-free

Valeriana officinalis
VALERIAN

NERVOUS SYSTEM

Calming & Relaxing*



HERBAL SUPPLEMENT

4 fluid ounces (120 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 1 hour before bed and again at bedtime. Best taken between meals.

Keep Out of the Reach of Children

Store away from heat & light



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Valerian Glycerite

*Promotes Relaxation & Restful Sleep**

Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

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. **Gluten-Free**

Ⓢ Certified Organic

Ⓢ Extraction rate 175 mg herb per 0.7 ml.

CONTAINS NO ALCOHOL

Dry herb / menstruum ratio: 1 : 4

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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.