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Keep Out of the Reach of Children
Store away from heat & light

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.

015

Valeriana officinalis
VALERIAN
NERVOUS SYSTEM
Calming & Relaxing*



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



Valerian Liquid Extract
*Promotes Relaxation & Restful Sleep**

Supplement Facts

Serving Size: 0.7 ml	Servings: about 42
Amount Per Serving	% DV
Valerian rhizome with root (<i>Valeriana officinalis</i>) ⓈⓈ extract 636 mg Ⓢ	†
† Daily Value (DV) not established	

Other Ingredients: certified organic cane alcohol (54-64%) **Gluten-Free**

- Ⓢ Certified Organic
- Ⓢ Fresh (undried)
- Ⓢ Extraction rate 560 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 1.25

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.