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Promotes Quiet, Calm & Restful Sleep. Provides Soothing Support for the Nervous System.*

SUGGESTED USE

Shake Well Before Using.
Spray 4 times into mouth and swallow, 1 hour before bed and again at bedtime. Can be used during the night if needed. Limit use to 4 times per day. Best taken between meals.

Caution: Seek expert medical advice before taking during pregnancy.

Keep Out of the Reach of Children.

Store away from heat and light.

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

Bed Time

Herbs on the Go™



HERBAL SUPPLEMENT 1 FL OZ (30 ML)

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
Proprietary extract blend: 697 mg E	†
California Poppy whole flowering plant (<i>Eschscholzia californica</i>) O , Ziziphus seed (<i>Ziziphus jujuba (spinosa)</i>) P , Lemon Balm herb (<i>Melissa officinalis</i>) O F , Passionflower flowering herb (<i>Passiflora incarnata</i>) O , Chamomile flower (<i>Matricaria chamomilla</i>) O F , Lavender flower (<i>Lavandula angustifolia</i>) O , Cardamom seed w/pod (<i>Elettaria cardamomum</i>) O .	

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (40-50%), distilled water & certified organic vegetable glycerin. **GLUTEN-FREE**

O Certified Organic **P** Purity Verified
F Fresh (undried) **E** Extraction rate 149 mg fresh herb & 116 mg dry herb per 0.7 ml.

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