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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
Certified organic extract blend: 697 mg	†
California Poppy whole flowering plant ( <i>Eschscholzia californica</i> )	⓪
Ziziphus seed ( <i>Ziziphus jujuba (spinosa)</i> )	⓪
Lemon Balm herb ( <i>Melissa officinalis</i> )	⓪F
Passionflower flowering herb ( <i>Passiflora incarnata</i> )	⓪
Chamomile flower ( <i>Matricaria chamomilla</i> )	⓪F
Lavender flower ( <i>Lavandula angustifolia</i> )	⓪
Cardamom seed w/pod ( <i>Elettaria cardamomum</i> )	⓪

† Daily Value (DV) not established

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

⓪ Certified Organic    F Fresh (undried)  
E Extraction rate 149 mg fresh herb & 116 mg dry herb per 0.7 ml.

HERB PHARM • WILLIAMS, OR 97544  
800-348-4372 • [www herb-pharm.com](http://www herb-pharm.com)  
Certified organic by Organic Certifiers