

**SUGGESTED USE**

Adults take 30-40 drops in a small amount of water. Take 1-2 times within 1 hour before bed.

Shake well before use. Not for use during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use. **Store away from children.** Use only as directed on label. Safety-sealed at neck of bottle.

\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



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HERBS



SLEEP SUPPORT\*

# Valerian Root

Traditionally for supporting  
a natural transition to sleep\*

1 FL OZ (30 mL) HERBAL SUPPLEMENT

## Supplement Facts

Serving Size 40 Drops (1.33 mL)  
Servings Per Container About 23

### Amount Per Serving

|                                  |          |
|----------------------------------|----------|
| Organic Valerian                 | 1.33 mL† |
| ( <i>Valeriana officinalis</i> ) |          |
| root extract                     |          |

† Daily Value not established.

Other ingredients: Organic alcohol USP (50-60%) and water.

Gaia Herbs, Inc., 101 Gaia Herbs Drive,  
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Certified Organic by Oregon Tilth

**1:3 Herb Strength Ratio**

**333 mg/mL Herb Equivalency**



[101] 0519