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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.

Valeriana officinalis
VALERIAN

NERVOUS SYSTEM

Calming & Relaxing*



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



Valerian Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
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Valerian rhizome with root (<i>Valeriana officinalis</i>) ⓄⓄ extract 636 mg Ⓞ	†
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† 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.