

Valerian Liquid Extract

Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving

% DV

Valerian rhizome with root

†

(*Valeriana officinalis*) ①② extract 636 mg ③

† Daily Value (DV) not established

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

① Certified Organic

② Fresh (undried)

③ Extraction rate 560 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 1.25

We prepare our Valerian Extract from the fresh (undried) rhizome with root of *Valeriana officinalis* plants which are **certified organically grown** on our own farm.

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.**

Valeriana officinalis
VALERIAN

NERVOUS SYSTEM

Calming & Relaxing*



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

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.

Keep Out of the Reach of Children

Store away from heat & light

