

SUGGESTED USE:

Take 30 drops 15 minutes before bedtime or if you wake up in the middle of the night, in water. Repeat as needed every 20 minutes.

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WARNING:

Do not take during pregnancy. Keep out of the reach of children.

Shake well before using.

Manufactured for:
Woodstock Apothecary
79 Tinker Street
Woodstock, NY 12461



VILLAGE
VITALITY

SLEEP

*with Valerian &
Melatonin*

HERBAL SUPPLEMENT
1 fl oz (30 ml)

Supplement Facts

Serving Size 30 Drops (1 ml)
Servings Per Container 30

Amount Per Serving 425 mg
Herb Weight Equivalence

Proprietary Blend *
Valerian Root + Hops Strobiles +
Fresh Skullcap Herb + Passion
Flower Herb > Chamomile Flower
+ Fresh California Poppy Herb +

Melatonin 3 mg *

Herb Strength Ratio 1 2 4

* Daily Value Not Established

OTHER INGREDIENTS: Grain Alcohol
(36-40% by volume), Deionized Water
+ Certified Organic, > Ethically Wild
Harvested