

INSTRUCTIONS
 DIRECTIONS
 NOTICE
 CAUTION

ACTIVE INGREDIENTS:

Extractives of Certified Organic VALERIAN
 (*Valeriana Officinalis*) dried root.
 Origin of plant material: Poland.

MENSTRUUM:

Vegetable palm glycerin, purified water.

SHAKE WELL BEFORE USE. ADULTS TAKE UP TO 30
 DROPS (1 ML, ONE FULL SQUEEZE OF THE DROPPER
 BULB) IN 3-4 FL. OZ OF JUICE OR WATER UP TO
 4 TIMES A DAY.
 WE RECOMMEND TO SEEK EXPERT MEDICAL ADVICE
 BEFORE TAKING THIS OR ANY OTHER HERBAL
 SUPPLEMENTS.

*THIS PRODUCT HAS NOT BEEN EVALUATED BY
 THE FDA AND IS NOT INTENDED TO DIAGNOSE,
 TREAT, CURE, OR PREVENT ANY DISEASE.

**MANUFACTURED IN THE USA
 IN AN FDA REGISTERED FACILITY**

MAY HAVE CONTRAINDICATIONS.
 DO NOT USE IF YOU ARE ALLERGIC TO ANY
 INGREDIENTS. CONSULT A PHYSICIAN BEFORE
 USING DURING PREGNANCY, IF NURSING, OR IF
 YOU ARE ON ANY MEDICATIONS.
 KEEP OUT OF THE REACH OF CHILDREN.
 STORE IN A COOL, DRY, DARK PLACE.

**ALCOHOL
 FREE**



HerbalTerra

VALERIAN

VALERIANA OFFICINALIS

HERBAL SUPPLEMENT

Dried herb / menstruum ratio: 1:3

Expertly extracted
 Laboratory tested
 330 mg/1ml

PREMIUM PRODUCT



**NON
 GMO**

ALCOHOL-FREE LIQUID HERBAL EXTRACT 4 fl.oz (120 ml)

Supplement Facts

Serving Size: 1 ml;
 Servings Per Container: 120 % DV †

Amount Per Serving

Valerian (*Valeriana Officinalis*)
 dried root liquid extract. 970 mg ‡

† Percent Daily Values (DV) are based
 on a 2,000 calorie diet.
 ‡ Daily Value Not Established.

Extraction rate: Dried herb/menstruum: 1/3.
 1 ml is equal to about 330 mg of dried plant
 material.
 Glycerin/water ratio: 3/2.

NO Artificial Ingredients, GMO, GLUTEN, Color
 Additives, Fillers, Preservatives or Binders.



MADE IN USA

MADE IN AN



REGISTERED FACILITY



GLUTEN FREE



HerbalTerra.com



BEST USE BY:

PART #: