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We prepare our Valerian Glycerite from fresh (undried) rhizome & roots of *Valeriana officinalis* plants which are **Certified Organically Grown** on our own farm.

To assure optimal extraction of Valerian's bioactive compounds, the rhizome & roots are hand-harvested in late autumn or early spring and are then taken directly to our laboratory and promptly extracted while still fresh and succulent.

HERBAL GLYCERITE EXTRACT

VALERIAN

Valeriana officinalis
Rhizome & Root

ALCOHOL-FREE

Promotes Relaxation
& Restful Sleep*



HERBAL SUPPLEMENT

4 fluid ounces (118.4 ml)

Valerian Glycerite

Ingredients: vegetable glycerine, distilled water & Valerian extractives.

Fresh herb / menstruum ratio: 1 : 1.25

SUGGESTED USE

SHAKE WELL BEFORE USING

Two to five times per day
take 30 to 40 drops in a little water.

CONTAINS NO ALCOHOL

Keep Out of the Reach of Children

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

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