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Keep Out of the Reach of Children
Store away from heat & light

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.

SHAKE WELL BEFORE USING

SUGGESTED USE

016

alcohol-free

Valeriana officinalis
VALERIAN

NERVOUS SYSTEM

Calming & Relaxing*



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

Valerian Glycerite

Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving	% DV
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Total Carbohydrate	<1 g	<1% ‡
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Valerian rhizome with root (<i>Valeriana officinalis</i>) Ⓢ extract	825 mg Ⓢ †
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‡ Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established

Other Ingredients: certified organic vegetable glycerin & distilled water. **Gluten-Free**

Ⓢ Certified Organic

Ⓢ Extraction rate 175 mg herb per 0.7 ml.

CONTAINS NO ALCOHOL

Dry herb / menstruum ratio: 1 : 4

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.