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SUGGESTED USE

Shake Well Before Using.
Spray 4 times into mouth and
swallow, 1 hour before bed and
again at bedtime. Can be used
during the night if needed.
Limit use to 4 times per day.
Best taken between meals.

*Caution: Seek expert medical advice before
taking during pregnancy.*

Keep Out of the Reach of Children.

Store away from heat and light.



Bed Time

Herbs on the Go™**HERBAL SUPPLEMENT 1 FL OZ (30 ML)**

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
Certified organic extract blend: 697 mg E †	
California Poppy whole flowering plant (<i>Eschscholzia californica</i>) O , Ziziphus seed (<i>Ziziphus jujuba (spinosa)</i>) O , Lemon Balm aerial parts (<i>Melissa officinalis</i>) O F , Passionflower flowering aerial parts (<i>Passiflora incarnata</i>) O , Chamomile flower (<i>Matricaria chamomilla</i>) O F , Lavender flower (<i>Lavandula angustifolia</i>) O , Cardamom seed w/pod (<i>Elettaria cardamomum</i>) O .	

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol
(40-50%), distilled water & certified organic
vegetable glycerin. **GLUTEN-FREE**

- O** Certified Organic **F** Fresh (undried)
E Extraction rate 149 mg fresh herb & 116 mg
dry herb per 0.7 ml.

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Certified organic by Organic Certifiers