



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

relaxation.* Best taken between meals.
up to 4 times per day for general
bed and again at bedtime. May be taken
to 2 oz. of water or juice, 1 hour before
Add 1 full squeeze of the dropper bulb

SHAKE WELL BEFORE USING

SUGGESTED USE

RELAXING SLEEP™

NERVOUS SYSTEM

Calming & Relaxing*



HERB PHARM®

HERBAL SUPPLEMENT

2 fluid ounces (60 ml)

Relaxing Sleep™

Supplement Facts

Serving Size: 0.7 ml

Servings: about 84

Amount Per Serving

% DV

Certified organic extract blend: 637 mg Ⓢ †
Valerian rhizome with root (*Valeriana officinalis*) Ⓢ Ⓣ
Passionflower flowering aerial parts (*Passiflora incarnata*) Ⓢ **Hops strobile** (*Humulus lupulus*) Ⓢ
Chamomile flower (*Matricaria chamomilla*) Ⓢ Ⓣ **Catnip flowering aerial parts** (*Nepeta cataria*) Ⓢ Ⓣ

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (59-69%),
distilled water & certified organic vegetable glycerin.
Gluten-Free

Ⓢ Certified Organic Ⓣ Fresh (undried)

Ⓢ Extraction rate 317 mg fresh herb & 56 mg dry herb
per 0.7 ml.

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.