



- ✓ Non-GMO
- ✓ Grain/Soy/Dairy-Free
- ✓ Sustainable
- ✓ Vegan
- ✓ Whole Herb
- ✓ 100% Kosher

From farm to bottle, we use naturopathic wisdom and innovative processes to create exceptional products. We organically grow, sustainably wildcraft or ethically source herbs that are harvested at peak potency.

We blend whole Valerian root with a pure 4:1 water extract concentrate for maximum bioavailability without any chemicals or harsh processing.

Discontinue use if unusual symptoms occur. Consult your health care advisor regarding the use of herbs during pregnancy, with infants or with prescription drugs.



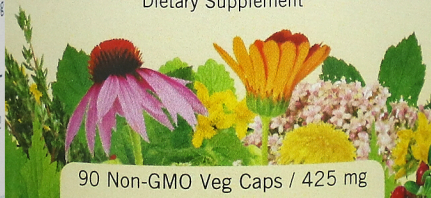
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Lot# 247462
Exp. 3/25

WHOLE HERB + CONCENTRATE

eclectic
INSTITUTE - Since 1982

VALERIAN

Dietary Supplement



90 Non-GMO Veg Caps / 425 mg

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Supplement Facts

Serving Size: 1 capsule

	Amount per serving
Wildcrafted Whole Valerian Root (<i>Valeriana officinalis</i>)	212.5 mg*
Concentrated Valerian 4:1 water extract	212.5 mg*

Average assay verified at time of manufacture.

*Daily value not established.

Other ingredients: Hypromellose (capsule).

Suggested Use: 1 capsule at bedtime. Additional 1 to 2 capsules may be taken one hour later, if needed. Use 2 to 3 consecutive nights for best results.

Warning: Excessive consumption may impair ability to drive or operate machinery.