

SUGGESTED USE

Adults take 30-40 drops in a small amount of water. Take 1- 2 times within 1 hour before bed.

Shake well before use. Not for use during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use. **Store away from children.** Use only as directed on label. Safety-sealed at neck of bottle.

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



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HERBS



SLEEP SUPPORT*

Valerian Root

Traditionally for supporting
a natural transition to sleep*

1 FL OZ (30 mL) HERBAL SUPPLEMENT

Supplement Facts

Serving Size 40 Drops (1.33 mL)
Servings Per Container About 23

Amount Per Serving

Organic Valerian	1.33 mL†
<i>(Valeriana officinalis)</i>	
root extract	

† Daily Value not established.

Other ingredients: Vegetable glycerin and water.

Gaia Herbs, Inc., 101 Gaia Herbs Drive,
Brevard, NC 28712

1:3 Herb Strength Ratio
333 mg/mL Herb Equivalency

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