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Store away from heat & light
Keep Out of the Reach of Children
advice before taking during pregnancy.
Caution: Adults: Seek expert medical
than 1 year old. Best taken between meals.
Consult a physician for use with children younger

25-49 pounds: 5 drops | 75-99 pounds: 15 drops
50-74 pounds: 10 drops | 100+ pounds: 20 drops

SHAKE WELL BEFORE USING
Add drops to 1 oz. of water or juice. First serving 1 hour
before bed & another at bedtime if needed.

SUGGESTED USE

alcohol
free

kids
**FAST
ASLEEP™**

NAP & NIGHTTIME*

HERB PHARM®

HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



Supplement Facts

Serving Size: 5-20 drops

Servings: about 33-132

Amount Per Serving	5 drops 20 drops	% DV
Total Carbohydrate	<1 g	<1% ‡
Organic extract blend:	265 mg 1,060 mg ⓘ	†
Passionflower aerial parts (<i>Passiflora incarnata</i>) ⓘ		
California Poppy whole flowering plant (<i>Eschscholzia californica</i>) ⓘ		
Lemon Balm aerial parts (<i>Melissa officinalis</i>) ⓘ		
Chamomile flower (<i>Matricaria chamomilla</i>)		
ⓘ Catnip aerial parts (<i>Nepeta cataria</i>) ⓘ		

‡ Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established

Other Ingredients: certified organic vegetable glycerin,
distilled water & certified organic sweet orange
essential oil (1.5-6 mg). **Gluten-Free**

ⓘ Certified Organic

ⓘ Extraction rate 45-180 mg herb per 5-20 drops.

CONTAINS NO ALCOHOL

HERB PHARM • WILLIAMS, OR 97544

800-348-4372 • www.herb-pharm.com

Certified organic by Organic Certifiers

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT
IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**