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

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

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SUGGESTED USE

RELAXING SLEEP™

NERVOUS SYSTEM

Calming & Relaxing*



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



Relaxing Sleep™

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving

% DV

Certified organic extract blend:

637 mg Ⓔ †

Valerian rhizome with root (*Valeriana officinalis*) Ⓔ Ⓕ

Passionflower 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.