

Directions: For adults, mix 2 mL (abt. 1/2 tsp) of extract in 2 fl. oz (60 mL) water one time daily preferably with a meal.

Helps to support a healthy nervous system and cardiovascular health.\*

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

**WARNING:** Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN

**PURE HERBS, LTD.™**  
Natural Herbal Extracts

# Valerian Root

## Dietary Supplement

*"No expense has been spared to provide the finest nature has to offer."*

**4 fl. oz. (120 mL)**

**SHAKE WELL BEFORE USE**

## Supplement Facts

Serving Size: 2 mL (abt. 1/2 tsp)  
Servings Per Container: 60

Amount per serving		%DV
Valerian (root)	1954 mg	†
<i>(Valeriana sp.)</i> Extract		

† Daily Value (DV) not established.

**Other Ingredients:** None

**Herb: Solvent Ratio 1:6** (Distilled Water & Neutral Grain Spirits 28-38% ABV)

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