

Herbs That Work

From field to cup, we make sure our teas deliver the benefits of these amazing plants. To deliver consistent high quality teas, we source organically farmed or organically wild-collected herbs from ethical trading partnerships, seeking out medicinal-grade plants. Only a small fraction of the world's herb supply meets our high quality standards.



Learn more about our farming communities and our work to create positive social impact at traditionalmedicinals.com



ORGANIC Nighty Night Extra®

Promotes a Good Night's Sleep*

VALERIAN

Caffeine Free
16 Wrapped Tea Bags
Herbal Supplement

NET WT .85 OZ (24g)



Supplement Facts

Serving Size 1 tea bag (makes 8 fl. oz.)

Servings Per Container 16

	Amount Per Serving	%DV
Calories	0	

All Herbal Ingredients:

Proprietary Blend:	1500 mg	
Organic valerian root		†
Organic passionflower herb		†
Organic lemon balm leaf		†
Organic peppermint leaf		†
Organic caraway fruit		†
Organic licorice root		†

† Daily Value (DV) not established.

Made by **TRADITIONAL MEDICINALS**
4515 Ross Road, Sebastopol, CA 95472 USA
Certified organic by CCOF. All Ingredients Certified Organic.



Consult your healthcare practitioner if sleeplessness persists continuously for more than 2 weeks; if you are taking sedative medications; or if you are **pregnant or breastfeeding**. Consumption with alcohol is not recommended. Some people may experience drowsiness. Exercise caution if you are driving or involved in activities requiring mental alertness within 2 hours of consumption. Nausea or abdominal cramping may occur. **Not recommended for use with children under 12 years of age.**

*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.

SLEEP WELLNESS

ORGANIC

Nighty Night Extra®

VALERIAN

HERBAL POWER

Promotes a good night's sleep with the extra power of valerian.*

TASTE

Earthy, minty and satisfyingly herbal.*

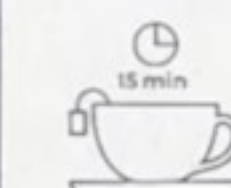
PLANT STORY

Celebrated by the ancient Greeks to use for occasional sleeplessness, valerian is a gentle, time-tested herbal sedative. To create our strongest sleep formula, we blended valerian with complementary herbs like passionflower, lemon balm and peppermint to mellow you out and help you sleep easy.*

TO ENJOY



POUR
8 oz. freshly boiled water
over 1 tea bag.



COVER & STEEP
for 10-15 min.



SQUEEZE & REMOVE
tea bag to ensure
maximum goodness.

ENJOY 2-3 cups late in the
day, at least 1 cup 30 minutes
before bed. **For Adults Only.**

