



006

SUGGESTED USE

Shake Well Before Using.

Adults: Spray 4 times into mouth and swallow, 1 hour before bed and again at bedtime. Can be used during the night if needed.

Limit use to 4 times per day.

Best taken between meals.

Caution: Seek expert medical advice before taking during pregnancy.

Keep Out of the Reach of Children.

Store away from heat and light.



Bed Time

Herbs on the Go™



HERBAL SUPPLEMENT 1 FL OZ (30 ML)

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
Certified organic extract blend:	697 mg E †
California Poppy whole flowering plant (<i>Eschscholzia californica</i>)	O
Ziziphus seed (<i>Ziziphus jujuba (spinosa)</i>)	O
Lemon Balm aerial parts (<i>Melissa officinalis</i>)	O F
Passionflower aerial parts (<i>Passiflora incarnata</i>)	O
Chamomile flower (<i>Matricaria chamomilla</i>)	O F
Lavender flower (<i>Lavandula angustifolia</i>)	O
Cardamom seed w/pod (<i>Elettaria cardamomum</i>)	O

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (40-50%), distilled water & certified organic vegetable glycerin. **GLUTEN-FREE**

O Certified Organic **F** Fresh (undried)

E Extraction rate 149 mg fresh herb & 116 mg dry herb per 0.7 ml.

HERB PHARM • WILLIAMS, OR 97544

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Certified organic by Organic Certifiers