

## Valerian Liquid Extract

### Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving

% DV

**Valerian rhizome with root**  
(*Valeriana officinalis*)   extract

636 mg  †

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (54-64%). **Gluten-Free**

-  Certified Organic
-  Fresh (undried)
-  Extraction rate 560 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 1.25

**HERB PHARM • WILLIAMS, OR 97544**

**800-348-4372 • [www.herb-pharm.com](http://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.

*Valeriana officinalis*  
**VALERIAN**

**NERVOUS SYSTEM**

Calming & Relaxing\*

  
**HERB PHARM**<sup>®</sup>  


HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

### SUGGESTED USE

SHAKE WELL BEFORE USING

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

Keep Out of the Reach of Children

Store away from heat & light

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