

alcohol-free

*Valeriana officinalis*  
**VALERIAN**

**NERVOUS SYSTEM**

Calming & Relaxing\*



HERBAL SUPPLEMENT

4 fluid ounces (120 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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**Valerian Glycerite**

**Supplement Facts**

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving % DV

Total Carbohydrate <1 g <1% ‡

**Valerian rhizome with root** 825 mg †

(*Valeriana officinalis*) Ⓞ extract

‡ Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established

Other Ingredients: certified organic vegetable glycerin & distilled water. **Gluten-Free**

Ⓞ Certified Organic

Ⓜ Extraction rate 175 mg herb per 0.7 ml.

**CONTAINS NO ALCOHOL**

Dry herb / menstruum ratio: 1 : 4

**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.**

