

0 90700 01449 0

Keep Out of the Reach of Children
Store away from heat & light

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

SUGGESTED USE
SHAKE WELL BEFORE USING

RELAXING SLEEP™

NERVOUS SYSTEM

Calming & Relaxing*



HERB PHARM®

HERBAL SUPPLEMENT

2 fluid ounces (60 ml)

Relaxing Sleep™

Supplement Facts

Serving Size: 0.7 ml

Servings: about 84

Amount Per Serving

% DV

Certified organic extract blend: 637 mg **E** †
Valerian rhizome with root (*Valeriana officinalis*) **O** **F**
Passionflower aerial parts (*Passiflora incarnata*) **O**
Hops strobile (*Humulus lupulus*) **O** **Chamomile flower**
(*Matricaria chamomilla*) **O** **F** **Catnip flowering aerial**
parts (*Nepeta cataria*) **O** **F**

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (59-69%), distilled water & certified organic vegetable glycerin. Gluten-Free

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

E Extraction rate 317 mg fresh herb & 56 mg dry herb per 0.7 ml.

HERB PHARM • WILLIAMS, OR 97544
800-348-4372 • 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.