



# Valerian Root

LIQUID EXTRACT

Sleep Support

ALCOHOL & SUGAR FREE

HERBAL SUPPLEMENT | 1 FL OZ (29.6 ML)

## Supplement Facts

Serving Size 1 Dropper (approximately 1 ml)

Servings Per Container 29

Amount Per Serving	
Valerian Root Extract (1:1)	1 g*

\*Daily Value not established.

Other ingredients: Vegetable glycerin, purified water.

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**Suggested use:** As a dietary supplement, take one dropperful (approx. 28 drops) one to three times per day in a small amount of water. Shake well before use.

**WARNING:** For adults only. May cause drowsiness. Do not use while driving or operating heavy equipment. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking prescription medications, especially sedatives or tranquilizers. Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate or freeze.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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