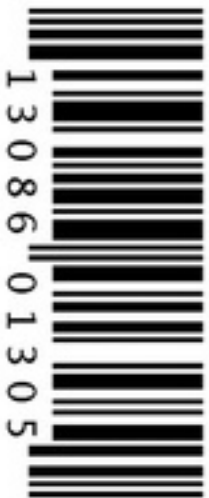


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VALERIAN ROOT

Valeriana officinalis

HAND-MADE EXTRACT

4 fl. oz.
(120 mL)

HERBAL DIETARY
SUPPLEMENT

96
SERVINGS



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size: 1/4 tsp
Servings Per Container: 96

Per Serving %DV

Valerian root extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.

† Daily Value (DV) not established

1 dropperful = approx. 1/8 tsp.

SUGGESTED USE: 1/8 tsp. - 1/4 tsp. Take 1-3 times daily, or as needed. **See catalog for dosage information.** **Caution:** If you are pregnant, nursing, have a medical condition, or are taking a prescription, consult your health care provider before using this product. Shake well. Keep out of reach of children. Store in a cool, dry place out of sunlight.



NATURAL CALMING SUPPORT*

- Supports a healthy sleep cycle*
- Promotes calmness*
- Supports a positive mood*

The MMH Three-Leaf Promise:

Our high-standards produce nothing less than **Pure, Safe, and Effective** herbal products.

You will always feel that **We Care**—through our products, our service, and our understanding.

We Deliver On Time.



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