

RECOMMENDED USE:

Take 3 dropperfuls at bedtime. Increase up to six times per day as needed. One dropperful is one full squeeze of the dropper bulb.

A deep sleep can put a spring in your step and have you feeling your best. Lengthen your deepest, most satisfying periods of sleep with this blend of herbs that are historically recognized to dissipate physical tension, and calm your body and mind. It may also be used for that occasional restlessness that may affect your normal sleep patterns.*

Distributed by:

HERBALLY GROUNDED

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Herbally Grounded



HERBAL DREAMER

HERBAL SUPPLEMENT

4 fl oz (118ml)

SUPPLEMENT FACTS

Serving Size: **3 Dropperfuls (2.4ml)**

Servings Per Container: **About 49**

	Amount Per Serving	% DV
Calories	5	
Carbohydrates	2g	<1% †

PROPRIETARY BLEND: 2.4ml **
Organic St. John's Wort Flowering Herb, Organic Ashwagandha Root, Kava Kava Root, Organic Chamomile Flower, Organic Hops Strobiles, Organic Passion Flower Herb, Organic Ginger Root, Organic Eleuthero Root, Organic Stevia Leaf

† Percent Daily values are based on a 2,000 calorie diet.

** Daily Value (DV) Not Established.

Other Ingredients: Organic Vegetable Glycerin, Deionized Water, and Organic Apple Cider Vinegar.

*The statements on this label have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

