



SHAKE WELL BEFORE USING
Take up to 40 drops in 2 oz. of water
or juice, two to five times per day.
Best taken between meals.

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

SUGGESTED USE

008

rhizome & root
VALERIAN

NERVOUS SYSTEM

Calming & Sedating*



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Valerian Liquid Extract

*Promotes Relaxation & Restful Sleep**

Ingredients: certified organic alcohol (54-64%) &
Certified Organic Valerian extractives. **GLUTEN-FREE**

Fresh herb / menstruum ratio: 1 : 1.25

We prepare our Valerian Extract from the fresh
(undried) rhizome & roots of *Valeriana officinalis*
plants which are **Certified Organically Grown** on our
own farm.

To assure optimal extraction of Valerian's bioactive
compounds, the rhizome & roots are hand-harvested
in autumn or spring and are then promptly extracted
while still fresh and succulent.

HERB PHARM • WILLIAMS, OR 97544
800-348-4372 • www.herb-pharm.com

CERTIFIED ORGANIC BY ORGANIC CERTIFIERS

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT
IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**