

SUGGESTED USE:
30-60 drops in water or
juice, 2-3 times daily, or
as needed.

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04571
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WARNING:
Keep out of the
reach of children.

Shake well before
using.

Plant # K-0001604

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

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L. A. Naturals

FAST ABSORPTION
MEDICINAL
BOTANICALS

SINGLE HERB IN ALCOHOL

VALERIAN
Calms, Relaxes, &
Supports Restful Sleep **

1 fl. oz. (30ml)

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 30 Drops (1 ml)
Servings Per Container 30

Amount Per Serving 500 mg
Herb Weight Equivalence

Certified Organic *
Fresh and Dry
Valerian Root
(Valeriana officinalis)

Herb Strength Ratio 1:2

*Daily Value Not Established

OTHER INGREDIENTS: Grain
Alcohol (65-75% by volume),
Deionized Water