



010

rhizome with rootlet
VALERIAN

NERVOUS SYSTEM

Calming & Relaxing



HERBAL SUPPLEMENT

4 fluid ounces (118.4 ml)

SUGGESTED USE

SHAKE WELL BEFORE USING

Take up to 40 drops in 2 oz. of water or juice,
up to four times per day for general relaxation.*

May be taken 1 hour before bed
and again at bedtime.

Best taken between meals.

Keep Out of the Reach of Children

Store away from heat & light

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 with rootlet of *Valeriana officinalis*
plants which are **Certified Organically Grown** on our
own farm.

To assure optimal extraction of Valerian's bioactive
compounds, the rhizome with rootlet is hand-
harvested in autumn or spring and is 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

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