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SUGGESTED USE
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

007

alcohol-free

VALERIAN

NERVOUS SYSTEM*

Calming & Relaxing*



HERBAL SUPPLEMENT

1 fluid ounce (29.6 ml)

Valerian Glycerite

*Promotes Relaxation & Restful Sleep**

Ingredients: vegetable glycerin, distilled water &
Valerian extractives. **GLUTEN-FREE**

CONTAINS NO ALCOHOL

Fresh herb / menstruum ratio: 1 : 1.25

We prepare our Valerian Glycerite from 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

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