

alcohol-free

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

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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 & root of *Valeriana officinalis* plants which are **Certified Organically Grown** on our own farm.

To assure optimal extraction of Valerian's bioactive compounds, the rhizome & root 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.