

alcohol-free

VALERIAN

NERVOUS SYSTEM

Calming & Relaxing



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

SUGGESTED USE

SHAKE WELL BEFORE USING

Add one full squeeze of the dropper bulb to 2 oz. of water or juice, up to 4 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



009

Valerian Glycerite

*Promotes Relaxation & Restful Sleep**

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving

% DV

Valerian rhizome & root

(*Valeriana officinalis*)[Ⓢ][Ⓡ] extract 810 mg[Ⓢ]

†

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin & distilled water. **GLUTEN-FREE**

[Ⓢ] Certified Organic [Ⓡ] Fresh (undried)

[Ⓢ] Equivalent to approx. 560 mg fresh herb.

CONTAINS NO ALCOHOL

Fresh herb / menstruum ratio: 1 : 1.25

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.