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Keep Out of the Reach of Children
Store away from heat & light

Add one full squeeze of the dropper bulb to 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.

SHAKE WELL BEFORE USING

SUGGESTED USE

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rhizome & root
VALERIAN

NERVOUS SYSTEM

Calming & Relaxing



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)



Valerian Liquid Extract

Promotes Relaxation & Restful Sleep*

Supplement Facts

Serving Size: 0.7 ml Servings Per Container: about 42

Amount Per Serving 636 mg

Valerian rhizome & root (*Valeriana officinalis*) extract †

† Daily Value not established

Other Ingredients: certified organic cane alcohol (54-64%). **GLUTEN-FREE**

① Certified Organic ② Fresh (undried)

③ Equivalent to approx. 560 mg of fresh herb.

Fresh herb / menstruum ratio: 1 : 1.25

We prepare our Valerian Extract from the fresh (undried) rhizome & root of *Valeriana officinalis* plants which are **Certified Organically Grown** on our own farm.

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.