

Suggested Use

Adults take 30-40 drops of extract in a small amount of water twice within 1 hour before bedtime.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use.

Keep away from children.
Use only as directed on label.

Safety sealed for your protection.

GaiaHerbs.com

**ALCOHOL
FREE**

Valerian Root

333 mg/ml herb equivalency

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HERBS

DIETARY SUPPLEMENT 1 FL OZ (30ML)

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Supplement Facts

Serving Size 30 Drops (1ml)

Servings Per Container 30

AMOUNT PER SERVING

Valerian root extract ▲ †
(Valeriana officinalis)

DRY HERB STRENGTH RATIO: 1:3

†Daily Value not established

Other ingredients: Pure vegetable glycerin and water.

▲ = Organic Ingredient

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