



SUGGESTED USE

SHAKE WELL BEFORE USING

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.

Keep Out of the Reach of Children

Store away from heat & light

rhizome & root

VALERIAN

NERVOUS SYSTEM

Calming & Relaxing



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

012

Valerian Liquid Extract

Promotes Relaxation & Restful Sleep*

Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving

% DV

Valerian rhizome & root

(*Valeriana officinalis*) ⓄⓄ extract 636 mg Ⓞ

†

† Daily Value (DV) not established

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

Ⓞ Certified Organic Ⓞ Fresh (undried)

Ⓞ Equivalent to approximately 560 mg 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.