

Suggested Use: As a dietary supplement, take 1 mL (28 drops) 1-3 times a day, in a small amount of water.

Warning: If you are taking any medications or are pregnant or nursing, do not use before consulting a physician.

Best if used by date on bottle. Store in a dry, cool place.

USE ONLY IF SEAL IS UNBROKEN

SHAKE WELL. KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

Alcohol Free Liquid Extract
Valerian Root
1 fl. oz. (30 mL)
Herbal Supplement

Supplement Facts

Serving Size: 1 mL (approx. 28 drops)

Servings per container: 30

Valerian Root Extract	2,000 mg	†
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† Daily Value not established.

Other Ingredients: Vegetable Glycerin, Purified Water.

Distributed by: Indiana Botanic Gardens, Inc.
3401 W. 37th Ave. Hobart, IN 46342

