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

Best taken between meals.
1 hour before bed and again at bedtime.
day for general relaxation. * May be taken
to 2 oz. of water or juice, up to 4 times per
Add 1 full squeeze of the dropper bulb

SHAKE WELL BEFORE USING

SUGGESTED USE

rhizome with 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: about 42

Amount Per Serving

% DV

Valerian rhizome with root

†

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

† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol
(54-64%). **Non-GMO & Gluten-Free**

Ⓞ Certified Organic

Ⓢ Fresh (undried)

Ⓢ Extraction rate 560 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 1.25

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.