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SUGGESTED USE
SHAKE WELL BEFORE USING
Add 1 full squeeze of the dropper bulb to 2 oz. of water or juice, up to 4 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

010

alcohol-free

VALERIAN

NERVOUS SYSTEM

Calming & Relaxing*



HERB PHARM®

HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

Valerian Glycerite

Promotes Relaxation & Restful Sleep*

Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving

% DV

Valerian rhizome w/ root

(*Valeriana officinalis*) Ⓞ Ⓜ extract 810 mg Ⓞ

†

† Daily Value (DV) not established

Other Ingredients: certified organic vegetable glycerin & distilled water. **Non-GMO & Gluten-Free**

Ⓞ Certified Organic

Ⓜ Fresh (undried)

Ⓞ Equivalent to approximately 560 mg fresh herb.

CONTAINS NO ALCOHOL

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.