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Store away from heat & light

Keep Out of the Reach of Children

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

019

SUGGESTED USE

RELAXING SLEEP™

NERVOUS SYSTEM

Calming & Relaxing*



HERBAL SUPPLEMENT

1 fluid ounce (30 ml)

Relaxing Sleep™

Promotes Relaxation & Restful Sleep*

Supplement Facts

Serving Size: 0.7 ml

Servings: about 42

Amount Per Serving	% DV
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Proprietary extract blend: 637 mg ⓐ	†
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Valerian rhizome w/ root (<i>Valeriana officinalis</i>) ⓐ ⓑ	
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Passionflower flwg. herb (<i>Passiflora incarnata</i>) ⓐ Hops strobile (<i>Humulus lupulus</i>) ⓐ Chamomile flwr. (<i>Matricaria recutita</i>) ⓐ ⓑ Catnip leaf & flowering top (<i>Nepeta cataria</i>) ⓐ ⓑ	
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† Daily Value (DV) not established

Other Ingredients: certified organic cane alcohol (59-69%), distilled water & vegetable glycerin. **Non-GMO & Gluten-Free**

ⓐ Certified Organic ⓑ Fresh (undried)

ⓑ Extraction rate 317 mg fresh herb & 56 mg dry herb per 0.7 ml.

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800-348-4372 • www.herb-pharm.com

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.