



VALERIAN

*Valeriana
officinalis*

Promotes
Restful Sleep*

2 fl. oz. (60 mL)
HERBAL SUPPLEMENT

HERBALIST
H&A
ALCHEMIST



Suggested use: 40-60 drops
(2-3 mL) in juice or water.
Take 3 times per day. Shake
well before using.

Supplement Facts

Serving size 60 drops (3 mL)
Servings per container 20

Amount Per Serving

Fresh Valerian root ♦ extract 3 mL†

† Daily value not established.

Other ingredients: Ethyl alcohol ♦,
distilled water.

Botanical Preparation Ratio 1:2
♦ Certified Organic

KEEP OUT OF CHILDREN'S REACH

*This statement has not been
evaluated by the FDA. This product
is not intended to diagnose, treat,
cure or prevent any disease.

Herbalist & Alchemist, Inc.
Washington, NJ 07882
800-611-8235
www.herbalist-chemist.com

NO. VLN-2
LOT# 66



1606TH
MFG: 05/14

