



Store away from heat & light

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.

SUGGESTED USE

RELAXING SLEEP™

NERVOUS SYSTEM

Calming & Relaxing*



HERB PHARM®

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
Certified organic extract blend: 637 mg Ⓢ	†
Valerian rhizome w/root (<i>Valeriana officinalis</i>) Ⓢ Ⓢ	
Passionflower flwg. herb (<i>Passiflora incarnata</i>) Ⓢ Hops	
strobile (<i>Humulus lupulus</i>) Ⓢ Chamomile flwr. (<i>Matricaria</i>	
<i>recutita</i>) Ⓢ Ⓢ Catnip leaf & flowering top (<i>Nepeta cataria</i>) Ⓢ Ⓢ	

† Daily Value (DV) not established

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

Ⓢ Certified Organic Ⓢ Fresh (undried)

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

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.