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Best taken between meals.
Keep Out of the Reach of Children
Store away from heat & light

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.

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rhizome with root
VALERIAN

NERVOUS SYSTEM

Calming & Relaxing*



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

Valerian Liquid Extract
*Promotes Relaxation & Restful Sleep**

Supplement Facts

Serving Size: 0.7 ml

Servings: about 168

Amount Per Serving

% DV

Valerian rhizome with root

(*Valeriana officinalis*) ① ② extract 636 mg ③

†

† Daily Value (DV) not established

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

① Certified Organic ② Fresh (undried)

③ Extraction rate 560 mg fresh herb per 0.7 ml.

Fresh herb / menstruum ratio: 1 : 1.25

We prepare our Valerian Extract from the fresh (undried)
rhizome with root of *Valeriana officinalis* plants which
are **certified organically grown** on our own farm.

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.**