

Suggested Use

Take 30-40 drops of extract in a small amount of water twice within 1 hour before bedtime.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take pharmaceutical drugs, please consult with your doctor before use.

Keep away from children. Use only as directed on label.

Safety sealed for your protection.

GaiaHerbs.com

Alcohol Free Extract

Valerian Root

Valeriana officinalis

gaia
HERBS

DIETARY SUPPLEMENT 1 FL OZ (30ML)

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Supplement Facts

Serving Size 30 Drops

Servings Per Container 30

AMOUNT PER SERVING

EXTRACT †

Valerian root ▲
(*Valeriana officinalis*),
in 60% Pure Vegetable
Glycerin, and Water.

MINIMUM DRY HERB STRENGTH RATIO: 1:3

†Daily Value not established.

▲ = Certified Organic Ingredient

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