

## 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](http://GaiaHerbs.com)

## Alcohol Free Extract

# Valerian Root

*Valeriana officinalis*



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

GAIA HERBS, INC.  
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