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Store away from heat & light

Keep Out of the Reach of Children

relaxation. * Best taken between meals.
up to 4 times per day for general
bed and again at bedtime. May be taken
to 2 oz. of water or juice, 1 hour before
Add 1 full squeeze of the dropper bulb

SHAKE WELL BEFORE USING

SUGGESTED USE

RELAXING SLEEP™

NERVOUS SYSTEM

Calming & Relaxing*



HERBAL SUPPLEMENT

2 fluid ounces (60 ml)



Relaxing Sleep™

Promotes Relaxation & Restful Sleep*

Supplement Facts

Serving Size: 0.7 ml

Servings: about 84

Amount Per Serving

% DV

Certified organic extract blend: 637 mg †
Valerian rhizome with root (*Valeriana officinalis*) Ⓞ Ⓢ
Passionflower flowering herb (*Passiflora incarnata*) Ⓞ
Hops strobile (*Humulus lupulus*) Ⓞ **Chamomile flower**
(*Matricaria recutita*) Ⓞ Ⓢ **Catnip leaf & flowering top**
(*Nepeta cataria*) Ⓞ Ⓢ

† 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.