

Suggested Use: As a dietary supplement, take 1 mL (approx. 28 drops) three times daily, in a small amount of water.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

Best if used by date on bottle. Store in a dry, cool place.

USE ONLY IF SEAL IS UNBROKEN

SHAKE WELL. KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com



Alcohol Free Liquid Extract
Valerian Root
Herbal Supplement
1 fl. oz. (30 mL)

Supplement Facts

Serving Size: 1 mL (approx. 28 drops)

Amount Per Serving	% Daily Value*
Total Carbohydrates	1 g <1%
Valerian (Root) Extract 2:1 [herbal equivalent 150 mg]	75 mg †

† Daily Value not established.

* Percent Daily Values are based on a 2,000 calorie per day diet.

OTHER INGREDIENTS: GLYCERIN, WATER.

DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.

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