

PLANETARY
HERBALS

VALERIAN ROOT

LIQUID EXTRACT
1 FL. OZ. (29.57 mL)

HERBAL SUPPLEMENT

Approved by
Michael Tierra L.Ac, O.M.D

Michael Tierra

Supplement Facts

Serving Size 60 Drops (approx. 1.5 mL)

Servings Per Container 19

	Amount Per Serving	%DV
Total Carbohydrate	1 g	<1%*
Valerian Root Extract	1.5 mL	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: grain alcohol (65%-75%) and purified water.

Suggested Use: 60 drops (approx. 1/4 tsp.) as needed up to 3 times before bedtime in water or juice.

WARNING: Do not use if you are pregnant, may become pregnant, or breastfeeding.

Do not use if tamper-evident seal is broken or missing. Keep out of the reach of children.

Manufactured for:

© PLANETARY HERBALS, LLC, P.O. BOX 1760 PF0094
SOQUEL, CA 95073, www.planetaryherbals.com REV E141

