

PLANETARY™
HERBALS

VALERIAN ROOT

LIQUID EXTRACT

SUPPORT FOR RESTFUL SLEEP*

4 FL. OZ. (118.28 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 78

	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.

Planetary Herbals **VALERIAN ROOT FLUID EXTRACT** is carefully prepared from freshly harvested roots to prevent the degradation of valerian's sensitive constituents.

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.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Manufactured for:

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