

Suggested Use

Adults take 40-60 drops of extract in a small amount of water every twenty minutes beginning one hour before bedtime (for a maximum of three doses). Maximum time of use: one month.

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Do not take if you have, or have had, liver problems, drink alcohol, or take any medications. If you have a medical condition, use under the advice of a health provider. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unexplained tiredness, weakness, stomach or abdominal pain, and loss of appetite. **Not for use by persons under 18 years of age, or by pregnant or breastfeeding women.** Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment. Use only as directed on label. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.

GaiaHerbs.com

HERBAL EXTRACT

Valerian Poppy SUPREME

Contains Gaia Farm
grown herbs

gaia[®]
HERBS

DIETARY SUPPLEMENT 1 FL OZ (30ML)

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Supplement Facts

Serving Size 60 Drops (2 ml)

Servings Per Container 15

Amount Per Serving

Proprietary Extract Blend 2 ml†

Skullcap aerial parts fresh extract
▲ (*Scutellaria lateriflora*), Kava root
+ (*Piper methysticum*), Valerian root
▲ (*Valeriana officinalis*), California
Poppy top & root ▲ (*Eschscholzia
californica*), Passionflower
flowering vine ▲ (*Passiflora
incarnata*), Chamomile flower ▲
(*Matricaria recutita*), Mugwort aerial
parts ▲ (*Artemisia vulgaris*)

Herb Strength Ratio 1:2.5

†Daily Value not established

Other ingredients: Alcohol USP
(52-62%) and water.

▲ = Organic Ingredient

+ = Ecologically Harvested

Gaia Herbs, Inc.

101 Gaia Herbs Dr., Brevard, NC 28712



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