

Suggested Use

Adults take 30-40 drops of extract in a small amount of water twice within 1 hour before bedtime.

Shake well before using. Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before use.

Keep away from children. Use only as directed on label.

Safety sealed for your protection.

GaiaHerbs.com

**CERTIFIED
ORGANIC**

Valerian Root

333 mg/ml herb equivalency

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ORGANICS



DIETARY SUPPLEMENT 1 FL OZ (30ML)

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Supplement Facts

Serving Size 40 Drops (1.33 ml)

Servings Per Container About 23

Amount Per Serving

Valerian root extract ▲ 1.33 ml†
(*Valeriana officinalis*)

Herb Strength Ratio 1:3

†Daily Value not established

Other ingredients: Organic alcohol USP (50-60%) and water.

▲=Certified Organic Ingredient

Gaia Herbs, Inc.
101 Gaia Herbs Dr., Brevard, NC 28712
Certified Organic by Oregon Tilth



[006] 798-0914

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