

alcohol-free

Valeriana officinalis
VALERIAN

NERVOUS SYSTEM

Calming & Relaxing*



HERBAL SUPPLEMENT

4 fluid ounces (120 ml)

Valerian Glycerite

Supplement Facts

Serving Size: 0.7 ml Servings: about 168

Amount Per Serving % DV

Valerian rhizome w/ root †
(*Valeriana officinalis*)Ⓞ extract 825 mgⓈ

† Daily Value (DV) not established

Other Ingredients: certified organic vegetable glycerin & distilled water. **Gluten-Free**

- Ⓞ Certified Organic
- Ⓢ Extraction rate 175 mg herb per 0.7 ml.

CONTAINS NO ALCOHOL

Dry herb / menstruum ratio: 1 : 4

HERB PHARM • WILLIAMS, OR 97544
800-348-4372 • www.herb-pharm.com
Certified organic by Organic Certifiers

***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

SUGGESTED USE

SHAKE WELL BEFORE USING

Add 1 full squeeze of the dropper bulb to 2 oz. of water or juice, up to 4 times per day for general relaxation.* May be taken 1 hour before bed and again at bedtime. Best taken between meals.

Keep Out of the Reach of Children

Store away from heat & light

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