

ENTER ID# at KnowYourGaiaHerbs.com BESTBY

Suggested Use

Adults take 30-40 drops in a small amount of water. Take 1-2 times within 1 hour before bed.

Shake well before use. Not for use during pregnancy or lactation. If you have a medical condition or take medications, please consult with your healthcare practitioner before use. **Store away from children.** Use only as directed on label. Safety-sealed at neck of bottle.

GLUTEN-FREE | VEGAN | B-CORP

* 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.

gaia
HERBS

SLEEP*

Valerian
Root

Traditionally
for unwinding
before sleep*



1 FL OZ
(30 mL) HERBAL
SUPPLEMENT



Supplement Facts

Serving Size 40 Drops (1.33 mL)
Servings Per Container About 23

Amount Per Serving

Herbal Extract Blend 1.33 mL†

Organic Valerian (*Valeriana officinalis*) root, Organic Valerian (*Valeriana officinalis*) root extract

† Daily Value not established.

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

Gaia Herbs, Inc., 101 Gaia Herbs Drive, Brevard, NC 28712

Certified Organic by Oregon Tilth

1:3 Herb Strength Ratio
333 mg/mL Herb Equivalency



[201]

GAIA ITEM #: LA690001

ITEM: Organic Valerian Root 1oz Label

VERSION: [201]

DATE: 0425

CR: 24093

CR TYPE: Rolling