

ITEM #3390
B3390 10J



Natural Whole Herb

Valerian Root

450 mg

Promotes Relaxation*

Dietary Supplement

100 CAPSULES



ACTUAL SIZE

Supplement Facts

Serving Size 5 Capsules
Servings Per Container 20

Amount Per Serving	%Daily Value
Valerian 2,250 mg (2.25 g) (<i>Valeriana officinalis</i>) (root)	**

**Daily Value not established.

Other Ingredient: Gelatin.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Corn, No Grapefruit, No Fish, No Sweetener, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

Good 'N Natural's Guarantee: We only use the finest quality herbs and spices. Each is screened and finely milled for quick release.

Good 'N Natural's preservative-free gelatin capsules contain pure milled herb powder.

Good 'N Natural's Natural Whole Herb products utilize ground plant parts to provide the natural components found in nature.

Directions: For adults, take five (5) capsules at bedtime. Capsules may be opened and prepared as a tea.

Valerian works in harmony with your natural cycle to help promote relaxation, so you can leave your busy day behind and get the tranquil rest you deserve.* Inspired by Mother Nature, Valerian has traditionally been used to support quality of rest.*

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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

Manufactured by Good 'N Natural, Bohemia, NY 11716 USA
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