

STANDARDIZED EXTRACT

Valerian root (*Valeriana officinalis*) is universally used to promote healthy, tranquil sleep. ***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Also available in a **Holistically Balanced®**
Concentrated Liquid Extract

CAUTION: Do not use while driving or operating heavy machinery. Keep out of reach of children. Do not use if safety seal is damaged or missing. If pregnant, nursing or on medication, consult with your health-care practitioner. Store in cool, dry place.



NATURE'S ANSWER®

Valerian

ROOT EXTRACT

*Promotes A Tranquil Sleep**



STANDARDIZED
Herbal Supplement

1 Once
Daily

90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Valerian Root Extract	500 mg †
(standardized for 0.2% valerenic acid)	

† Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Rice Flour, Calcium Silicate, Magnesium Oxide.

Suggested Use: As a dietary supplement take one (1) capsule once (1) per day, preferably 30 minutes before bed time with water.

Standardized extracts are guaranteed to contain a specific quantity of a known marker compound, and are **laboratory tested** to insure consistent potency. NATURE'S ANSWER® capsules feature standardized extracts **enhanced** (Holistically Balanced®) with the highest quality of **organic**, responsibly **wildcrafted** or **cultivated** herbs, which maintain the naturally-occurring constituents found in the plant; Manufactured to **cGMP** (current Good Manufacturing Practices) standards; **Free of synthetic ingredients.**

Unconditionally Guaranteed

For product information, call (800)439-2324.

NATURE'S ANSWER Quality Without Question™ *Pioneers Since 1972*

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