

**Recommendation:** As a dietary supplement, take one or two capsules with meals three times daily or take two capsules prior to bedtime.

Do not use if safety seal is missing or broken.  
Keep out of reach of children.  
Store in a cool, dry place.

**This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Warning:** Because of its relaxing effects, avoid driving or operation of heavy machinery following any significant consumption of this herb. If you are pregnant, nursing, taking any medications, or experiencing health issues, consult your doctor before use.



Hendersonville, NC 28792 • 1-800-544-0777  
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## Supplement Facts

Serving Size 1 Capsule  
Servings per Container 100

	Amount per Serving	% DV
Total Carbohydrates .....	350 mg ..	< 1 %
Valerian (root) .....	500 mg .....	†

† Daily Value not established.  
\*% DV based on 2000 calorie diet.

Other Ingredients: Gelatin (capsule).

This product does not contain: yeast, corn, wheat, egg, starch, preservatives, artificial coloring or sweeteners.

Dietary Supplement

100 Capsules

V2.0