

Health & longevity through the
healing power of nature—that's what
it means to Trust the Leaf.*

 **Valerian** (*valeriana officinalis*) has a
relaxing effect on the nervous system,
promotes relaxation in individuals
leading a hectic lifestyle, and helps support
restful sleep.* **Guaranteed to contain 0.1%
Valerenic Acids.**

Questions? Call 1-800-9NATURE or visit
naturesway.com. Our Valerian is carefully grown,
tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety
sealed with printed outer shrinkwrap and printed
inner seal. Do not use if either seal is broken or
missing. Keep out of reach of children.

Actual Capsule Size

(BLK8034)
LN17700.A01



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

PREMIUM

Nature's
Way

HERBAL

Valerian Root



RESTFUL
SLEEP*

100 Capsules / Certified 530 mg

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules one hour before
bedtime. For intensive use consult your healthcare
professional.

Caution: If difficulty sleeping persists for more than 2
weeks, consult a healthcare professional. Insomnia may
be a symptom of a serious underlying medical condition.
Consult a healthcare professional before use if you are
pregnant, nursing, taking sedatives or tranquilizers.
Avoid alcohol and do not drive or operate machinery.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 33

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrate	1 g	<1%†
Calcium	60 mg	6%
Valerian (root)	1.59 g (1,590 mg)	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium stearate

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