

 **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

181203441
LN17706 A01



PREMIUM

**Nature's
Way**

HERBAL

Valerian

Root



**RESTFUL
SLEEP***

180 Capsules / Certified 530 mg

DIETARY SUPPLEMENT

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

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 60

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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