

ACTUAL SIZE



CODE 4770 V2

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

Caution: Because of its relaxing effects, avoid driving or operation of heavy machinery following any significant consumption of this herb. If you are pregnant/lactating or taking any medications, please consult your healthcare practitioner prior to use.

Valerian Root has been an herbal favorite in many cultures for centuries.

SUGGESTED USAGE: As a dietary supplement, take 2 capsules prior to bedtime.



Valerian Root

HERBAL SUPPLEMENT

500 mg

100 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

	Amount Per Serving	% Daily Value
Total Carbohydrate	0.7 g	< 1%*
Valerian (<i>Valeriana officinalis</i>) (Root)	1.0 g (1,000 mg)	†

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

† Daily Value not established.

Other ingredient: Gelatin (capsule).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.