

ACTUAL SIZE

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CODE 4771 V2

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

prior to use.

Caution: Because of its relaxing effects, avoid driving or

operation of heavy machinery following any significant con-

sumption of this herb. If you are pregnant/lactating or taking

any medications, please consult your healthcare practitioner

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

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



Valerian Root

HERBAL SUPPLEMENT

500 mg

250 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 125

	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 Ingredients: Gelatin (capsule).

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, 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.