



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Valerian Root

Herbal Supplement



100 capsules • 475 mg

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one to two capsules with water one hour prior to bedtime.

WARNING: May cause drowsiness. Do not use while driving or operating heavy equipment. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking prescription medications, especially sedatives or tranquilizers.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

Amount Per Serving	
Valerian Root (Valeriana officinalis) 950 mg*	
*Daily Value not established.	

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber).

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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