

Swanson®
**SUPERIOR
HERBS**

Valerian Root

Standardized
Herbal Supplement



120 capsules • 200 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 30 minutes before bedtime with water.

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 60

Amount Per Serving	
Valerian Root Extract (0.8% valerenic acid)	400 mg*
Valerian Root	700 mg*

*Daily Value not established.

Other ingredients: Gelatin, may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
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