

Did you know?

Imagine your central nervous system is a radio. Occasionally, the dial gets stuck in the "on" position and you can't turn it off. That's sure to make restful sleep an elusive dream. Valerian helps support the "off mode" so your mind can quiet down and relax. Night, night.*

Let's get fresh. Crack open this bottle and inhale. What you smell is whole organic Valerian. Grown organically and hand-harvested and processed in small batches for optimum potency. **Here's to your health!**

Absolutely NO dairy, wheat, peanuts, soy, gluten or corn allergens.

CAUTION: Excessive consumption may impair ability to drive or operate heavy machinery. Keep out of reach of children. If taking medication consult with a healthcare professional before use. Do not take if pregnant or nursing. Discontinue use if unusual symptoms occur.



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

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Valerian

wishing you
sweet dreams*



90 VEGETARIAN
CAPSULES



Suggested Use: As an herbal supplement, take two capsules at bed time or as directed by your healthcare professional. Do not exceed recommended dose.

Supplement Facts

Serving Size: 2 caps/Servings Per Container: 45

Amount Per Serving

Organic Valerian root (<i>Valeriana officinalis</i>)	900 mg*
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*Daily Value not established

Other Ingredients: Pullulan vegetarian capsules and nothing else.

Manufactured with love by Oregon's Wild Harvest
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Certified Organic by Oregon Tilth.



actual size

