

Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®



Valerian (*Valeriana officinalis*) has a relaxing effect on the nervous system, promotes relaxation in individuals leading a hectic lifestyle, and helps support restful sleep*. **Guaranteed to contain 0.1% Valerenic Acids.**

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Valerian is carefully grown, tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

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



PREMIUM

Nature's
Way

HERBAL

Valerian

Root



**RESTFUL
SLEEP***

100 Capsules / **Certified 530 mg**

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules one hour before bedtime. For intensive use consult your healthcare professional.

Caution: If difficulty sleeping persists for more than 2 weeks consult a healthcare professional. Insomnia may be a symptom of a serious underlying medical condition. Consult a healthcare professional before use if you are pregnant, nursing, taking sedatives or tranquilizers. Avoid alcohol and do not drive or operate machinery.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 33

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrates	1 g	<1%†
Dietary Fiber less than 1 gram		2%†
Calcium	60 mg	6%
Valerian (root)	1.59 g (1,590 mg)**	

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

**Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium stearate