Discover Nature's Answer

and trust
the Difference...®

The True Nature of Our Standards
go way beyond the herb...™

*This statement has 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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Store in a cool, dry place.

PARVE

GLUTEN FREE

NATURE'S ANSWER®
Since 1972

Valerian Root

Promotes Restful Sleep*

Valeriana officinalis

1,500mg

Discover Nature's Answer®

Dietary Supplement | 180 Vegetarian Capsules | Gluten-Free Vegan

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 60

Amount Per Serving	
Valerian *(Valeriana officinalis)* (root)	1,500 mg (1.5 g) †

† Daily Value not established.

Other Ingredients: Vegetable Cellulose (capsule), Rice Flour, Calcium Silicate.

Suggested Use: As a dietary supplement, take three (3) capsules once a day with food or water, preferably 30 minutes before bedtime.

WARNING: Keep Out of Reach of Children. Do not use if safety seal is damaged or missing. If you are pregnant, nursing, taking any medications, planning any medical procedure or have a medical condition, consult with your healthcare practitioner before use.

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Manufactured by: Nature's Answer®
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18350 Rev. 11/17