



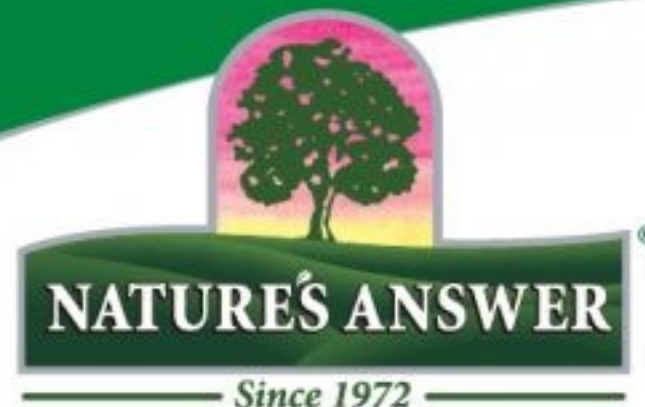
and trust
the Difference...®

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.



Store in a cool, dry place.



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 (<i>Valeriana officinalis</i>) (root)	1,500 mg (1.5 g)	†
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† 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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