



Discover Nature's Answer

and trust
the Difference...®

The True Nature of Our Standards
goes 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.



NATURE'S ANSWER

Since 1972

Valerian Root

*Promotes Restful Sleep**

Valeriana officinalis

500mg

Discover Nature's Answer®

Dietary Supplement

90 Vegetarian Capsules

Vegan
Gluten-Free



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Valerian (<i>Valeriana officinalis</i>) (Root) (providing 0.2% valerenic acid)	500 mg	†
† Daily Value not established		

Other Ingredients: Vegetable Cellulose, Rice Flour, Calcium Silicate.

Suggested Use: As a dietary supplement, take one (1) capsule
once (1) per day, preferably 30 minutes before bed time, with water.

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

©2017 Nature's Answer®

Manufactured by: Nature's Answer®

85 Commerce Drive Hauppauge, NY 11788 USA

For product information, call (800) 439-2324.

www.naturesanswer.com

18443 Rev. 217