

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

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*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.

TO REORDER PROD. # **10342**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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B10340 04C



Hops-Valerian COMPLEX



*Anti-Stress Formula to Support Relaxation**

NATURAL WHOLE HERB[◊]
Herbal Supplement

100
*Rapid Release
Capsules*

DIRECTIONS: For adults, take two (2) capsules two to three times daily, preferably with meals. Capsules may be opened and prepared as a tea.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 50

Amount Per Serving	%Daily Value
Hops (<i>Humulus lupulus</i>) (flower)	400 mg **
Valerian Root (<i>Valeriana officinalis</i>)	400 mg **
Skullcap (<i>Scutellaria lateriflora</i>) (aerial)	200 mg **

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate, Silica.

Vitamin World's Guarantee: We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

Vitamin World's preservative-free gelatin capsules contain pure milled herb powder.

(Vitamin World's Natural Whole Herb products utilize ground plant parts to provide the natural components in the amounts found in nature.

Valerian works in harmony with your natural cycle to help promote relaxation.* Hops naturally contains bitter substances and is traditionally used to support a calm and relaxed mood.* Our Hops-Valerian Complex is great for high stress days when you just want to relax and leave your busy day behind.*