



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Full Spectrum[®] Valerian, Chamomile & Hops

Herbal Supplement

60 capsules



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take two capsules with water before bed.

WARNING: May cause drowsiness. Do not use while driving or operating heavy equipment. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking prescription medications, especially sedatives or tranquilizers.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	
Chamomile Flower (<i>Matricaria recutita</i>)	250 mg*
Hops (<i>Humulus lupulus</i>) (strobiles)	250 mg*
Valerian Root (<i>Valeriana officinalis</i>)	250 mg*

*Daily Value not established.

Other ingredients: Gelatin, rice concentrate, rice extract.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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