

21ST
CENTURY.



STANDARDIZED
Valerian
EXTRACT



Relaxation Support*

HERBAL SUPPLEMENT

60 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 2 Vegetarian Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Valerian Root	300 mg **
Powdered Extract standardized concentrate of <i>Valeriana officinalis</i>	

** Daily Value not established.

Other Ingredients: Rice Bran, Oat
Fiber, Cellulose, Dextrin, Silicon Dioxide,
Magnesium Silicate. **Contains < 2% of:**
Magnesium Stearate.

Proudly Manufactured by
21ST Century HealthCare, Inc.

2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
500125-0418N



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Valerian Extract

Valerian Root Extract (*Valeriana officinalis*) is a natural herb that supports rest and relaxation.* 500125-0418N



ACTUAL SIZE



Directions: As an herbal supplement, adults take two (2) capsules daily before bedtime or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Do not take if you are operating machinery or a vehicle. Consult your doctor prior to use if you are taking sedatives or tranquilizers. Not intended for those under the age of 18.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature. No added Sugar, Salt, Yeast, Preservatives or Artificial Flavors. 100% Vegetarian.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.