

Valerian Root extract is known as *Valeriana officinalis*, a natural alternative promoting relaxation and a good night's rest. When combined with passion flower and magnesium, this herbal extract provides optimal calming support.†

The Ultimate Extract® process makes our Valerian Root easier to digest and more available than plain powder. Our product conforms to mode of administration as established by the German Commission E monograph and contains Valerian extract powder from the highest grade whole root.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

† 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.



Ultimate Extract®

VALERIAN ROOT 125 mg

With Passion Flower
Promotes Rest and Relaxation†

Dietary Supplement

100 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 100

Amount Per Serving	% Daily Value	
Magnesium (as magnesium carbonate)	18 mg	5%
Passion Flower Extract (4:1)	30 mg	*
Valerian Root Extract (4:1)	125 mg	*

* Daily Value not established.

Other Ingredients: Calcium phosphate, calcium stearate (vegetable source), cellulose, maltodextrin, riboflavin coating.

SUGGESTED USE: Take one tablet daily with 8 oz. warm water, one hour before bedtime.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Pregnant or lactating women should consult their health care professional before using this product.

KEEP OUT OF REACH OF CHILDREN. VL 150H

