

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1-2 capsules 30-60 minutes before
bed or as directed by your healthcare
professional.

Warning

If pregnant, consult your physician
before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN
(WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN,
WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†],
SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING



Valerian Root
625mg

DIETARY SUPPLEMENT
60 CAPSULES



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Supplement Facts

serving size: 2 capsules
servings per container: 30

	amount per serving
Valeriana officinalis Root	1250mg*

* Daily Value not established

Other Ingredients: Vegetable Cellulose
Capsule, Cellulose, Ascorbyl Palmitate,
Silica.

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS
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