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# Valerian Root

*Promotes Restful Sleep\**

*Valeriana officinalis*

**1,500 mg**

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Dietary Supplement 90 Vegetarian Capsules

Gluten-Free | Vegan

## Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 30

### Amount Per Serving

Valerian ( <i>Valeriana officinalis</i> ) (root)	1,500 mg (1.5g) †
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† Daily Value not established.

**Other Ingredients:** Vegetable Cellulose (capsule), Rice Flour, Calcium Silicate.

**Suggested Use:** As a dietary supplement, take three (3) capsules once a day with food or water, preferably 30 minutes before bedtime.

**WARNING: Keep Out of Reach of Children.** Do not use if safety seal is damaged or missing. If you are pregnant, nursing, taking any medications, planning any medical procedure or have a medical condition, consult with your healthcare practitioner before use.

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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.



Store in a cool, dry place.



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