

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

TO REORDER PROD. # **10342**  
**www.vitaminworld.com**

**1-800-228-4533**

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 **VITAMIN WORLD**  
*get healthy.™*

# Hops-Valerian COMPLEX



*Herbal Formula to Support Relaxation\**

*Herbal Supplement*

**100**  
Rapid Release  
Capsules

**DIRECTIONS:** For adults, take three (3) capsules two times daily, preferably with meals.

## Supplement Facts

Serving Size 3 Capsules  
Servings Per Container 33

Amount Per Serving		%Daily Value
Hops ( <i>Humulus lupulus</i> ) (flower)	600 mg	**
Valerian Root ( <i>Valeriana officinalis</i> ) (root) (From 150 mg of a 4:1 Extract)	600 mg	**
Passion Flower ( <i>Passiflora incarnata</i> ) (flower)	300 mg	**

\*\*Daily Value not established.

**Other Ingredients:** Gelatin, Vegetable Magnesium Stearate, Silica.

**Vitamin World's Guarantee:** We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

**Vitamin World's** preservative-free gelatin capsules contain pure milled herb powder.

**Vitamin World's** Natural Whole Herb products utilize ground plant parts to provide the natural components in the amounts found in nature.

Hops naturally contains bitter substances and is traditionally used to support a calm and relaxed mood.\* Valerian also has a long history of traditional use. Our Hops-Valerian Complex is great for days when you just want to relax and leave your busy day behind.\*