

**SUPPORTS
RESTFUL SLEEP***

Valerian has uses dating back to the 11th century. At Nature's Way®, our Valerian comes from European countries like Poland, the Netherlands, and Bulgaria, where it grows best. We then add Lemon Balm for a premium blend that supports restful sleep.*

◆ LG12729.01 BLK8150



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



✱ PREMIUM BLEND ✱

**SLEEP
WELL**

**VALERIAN &
LEMON BALM**



50 TABLETS | 480 MG per Serving
DIETARY SUPPLEMENT

Recommendation: Adults take 2 tablets one hour before bedtime.

Supplement Facts

Serving Size 2 Tablets
Servings per Container 25

Amount per Serving	% DV
Riboflavin (Vitamin B2)	2 mg 154%
Valerian Extract (root) providing 0.2% Valerenic Acid (0.64 mg)	320 mg **
Lemon Balm Extract (leaf)	160 mg **

**Daily Value (DV) not established.

Other ingredients: dicalcium phosphate, hydroxypropyl cellulose, sodium croscarmellose, cellulose, polyvinyl alcohol, stearic acid, polyethylene glycol, titanium dioxide color, silica, magnesium silicate, riboflavin color, carmine color

Warning: Do not exceed recommended dose. If difficulty sleeping persists for more than two weeks, consult a healthcare professional. Insomnia may be a symptom of a serious ►

underlying medical condition. Consult a healthcare professional before use if you are pregnant, nursing, or taking sedatives or tranquilizers or any medications. Avoid alcohol and do not drive or operate machinery while taking this product.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, corn, dairy products, soy, or artificial flavors, or preservatives.

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Questions? 1-800-9NATURE / naturesway.com

