

TRADITIONAL SLEEP AID*



With uses dating back to the 11th century, Valerian has traditionally been used to support restful sleep.* At Nature's Way®, our Valerian comes from farms in European countries, like Poland, the Netherlands, and Bulgaria, where it grows best. At Nature's Way, we believe nature knows best. That's why our mission is to seek out the best herbs the earth has to give. It's the way we deliver uncompromising quality and help you live healthier.

◆ LG17708.C02 BLK8034C



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



VALERIAN — ROOT —

TRADITIONAL SLEEP AID*



180 VEGAN CAPSULES | 1,590 MG per Serving

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules one hour before bedtime. **Warning:** Consult a healthcare professional before use if you are pregnant, nursing, or taking sedatives, tranquilizers, or any medications. Avoid alcohol, and do not drive or operate machinery while taking this product.

Supplement Facts

Serving Size 3 Capsules
Servings per Container 60

Amount per Serving	% DV	
Calories	5	
Total Carbohydrate	1 g	<1%†
Dietary Fiber	<1 g	<1%†
Valerian (root)	1.59 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, magnesium stearate

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, corn, wheat, soy, dairy products, artificial colors, flavors, or preservatives.

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



BOTTLES MADE FROM 97% POST-CONSUMER RECYCLED PLASTIC

