

1200 MG** | **100 CAPSULES**
DIETARY SUPPLEMENT



tnvitamins

Natural Herbs

Valerian Root

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	DV%
Valerian Root (Valeriana officinalis) (from 250 mg of 4:1 extract)	* 1000 mg
Valerian Root Powder (Valeriana officinalis)	* 200 mg

* Daily Value is not established.

Other Ingredients: Rice Powder, Gelatin Capsule, Vegetable Magnesium Stearate.

Free from: Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives. NON GMO

**Equivalent from 250 mg of 4:1 extract & 200 mg of Valerian Root Powder.

Directions: For adults, take one (1) or two (2) capsules daily, preferably 30 minutes before bedtime or rest.

*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.

Caution: Pregnant or lactating women should consult a doctor before use. If you are under medical supervision, please consult a doctor before use. Discontinue use and consult a doctor if any adverse reactions occur. Excessive use may impair ability to drive a motor vehicle or operate heavy equipment. Keep out of reach of children. Store in a cool dry place.

Laboratory Tested And Manufactured For:
TOTAL NUTRITION, INC. • FARMINGDALE, NY 11735 USA

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