

FREE OF: Gluten, Wheat, Dairy, Soy,  
Yeast, Sugar, Sodium, Artificial Flavor,  
Sweetener, Preservatives and Color.

Solgar's KOF-K certification #K-1250



# VALERIAN ROOT

*(Valeriana officinalis)*

DIETARY SUPPLEMENT

100 VEGETABLE CAPSULES

SUITABLE FOR VEGETARIANS

GLUTEN, WHEAT & DAIRY FREE



For more information, call toll-free

1-877-SOLGAR 4

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CAREFULLY MANUFACTURED BY:

SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

## Supplement Facts

Serving Size: 1 Vegetable Capsule

### Amount Per Serving

Valerian Extract (4:1) <i>(Valeriana officinalis)</i> (root)	300 mg*
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\*Daily Value not established

Other Ingredients: Vegetable Cellulose,  
Microcrystalline Cellulose, Vegetable Stearic  
Acid, Vegetable Magnesium Stearate, Silica.

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) vegetable capsule up to three times daily, preferably with meals, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. 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 outer bottle seal is missing or damaged.

