

Valerian Root extract is known as *Valeriana officinalis*, a natural alternative promoting relaxation and a good night's rest. When combined with passion flower and magnesium, this herbal extract provides optimal calming support.†

The Ultimate Extract® process makes our Valerian Root easier to digest and more available than plain powder. Our product conforms to mode of administration as established by the German Commission E monograph and contains Valerian extract powder from the highest grade whole root.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

† 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.

Ultimate Extract®
VALERIAN ROOT
125 mg

With Passion Flower
Promotes Rest and Relaxation†

Dietary Supplement

100 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 100

Amount Per Serving

% Daily Value

Magnesium

(as magnesium carbonate)

18 mg

5%

Passion Flower Extract (4:1)

30 mg

*

Valerian Root Extract (4:1)

125 mg

*

* Daily Value not established.

Other Ingredients: Calcium phosphate, calcium stearate (vegetable source), cellulose, maltodextrin, riboflavin coating.

SUGGESTED USE: Take one tablet daily with 8 oz. warm water, one hour before bedtime.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Pregnant or lactating women should consult their health care professional before using this product.

KEEP OUT OF REACH OF CHILDREN.

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