

HERBAL 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.

◆ LG6630.03 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 ✱

VALERIAN NIGHTTIME™ HERBAL SLEEP AID*



50 TABLETS | 320 MG PER SERVING
OF VALERIAN EXTRACT

DIETARY SUPPLEMENT

Recommendation: Adults take 1-2 tablets one hour before bedtime; may take up to 3 tablets one hour before bedtime. Not for use in children under 12 years of age. Do not exceed recommended dose.

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 Leaf Extract	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 take if you are pregnant or nursing. ▶

If you are taking sedatives, tranquilizers, or any other medications, consult a healthcare professional before use. This product may cause drowsiness, do not operate machinery while taking this product. Avoid alcohol and other sedatives while taking this product. If difficulty sleeping persists for more than two weeks, consult a healthcare professional. Insomnia may be a symptom of a serious underlying medical condition.

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

GLUTEN FREE. No yeast-derived ingredients, wheat, corn, dairy, soy, or artificial flavors, or preservatives.

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

