



## Valerian Root Extract 5:1

Derived from *Valeriana officinalis L.*  
root

Storage: Keep dry, cool & dark

**100g (3.53oz)**

Lot Number:

**Date of manufacture**

## Supplement Facts

Serving Size 600 milligrams

Servings per container: about 166

Amount Per Serving	% Daily Value**
Valerian Root Extract 5:1 600mg	*

\* Daily Value not established.

\*\* Based on 2,000 calorie diet

**Other Ingredients:** None

**Free of:** Sugar, soy, dairy, yeast, gluten, corn and additives.

**Directions:** As a dietary supplement, take 300 mg to 600 mg (or 1/8 tsp) preferably 1 to 2 hours before going to sleep (or as directed by a physician). Individual needs vary.

### US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/16 teaspoon	231
1/8 teaspoon	462
1/4 teaspoon	925

**Warning:** This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.