

**Directions:** As a dietary supplement, adults take one capsule daily with meals, or as directed by a health care professional.

A standardized herbal extract, this popular herb has been researched extensively and is well-known for its calming and relaxing effects. For centuries this plant has been used to support the calming of upset nerves, help support the body's ability to fight inflammation, and provide a mild pain-relieving effect.†

Store in a cool, dry place and away from direct light.

**KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.**

† 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.



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**vitamins**

# VALERIAN ROOT



**500 MG**

**For relaxation and sleep support†**

**We always use the highest quality ingredients**

**premium formulas** ● **100 capsules** ● **dietary supplement**

## Supplement Facts

Serving Size: 1 capsule      Servings Per Container: 100

	Amount Per Serving	%DV*
Valerian Root (Valeriana Officinalis)	500 mg	*

\*Percent Daily Value not established.

**Other Ingredients:** Gelatin (capsule), rice flour.

**Contains No:** Gluten, sugar, salt, yeast, corn, wheat, dairy, citrus, egg, fish products, artificial coloring, flavoring or preservatives.

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