

NEARLY 50 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For nearly 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

- ✓ Whole Herb**
- ✓ Traditionally Used to Help with Occasional Sleeplessness*†
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment. 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 seal under cap is broken or missing.

**Nature's Bounty's Naturally Sourced Whole Herb products utilize ground plant parts.

†Traditional use claims are based on historical or traditional practices. Valerian has a long history of use for relaxation and occasional sleeplessness dating back to traditional Greek medicine.

 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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Prod. No. 3390 B18470 13J

*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.



NATURE'S BOUNTY

Valerian Root

450mg | with Proprietary Herbal Blend

Traditionally Used For
Relaxation & Tranquil Rest**

HERBAL HEALTH



100 Capsules

HERBAL SUPPLEMENT

DIRECTIONS: For adults, take five (5) capsules at bedtime. Capsules may be opened and prepared as a tea.

Supplement Facts

Serving Size 5 Capsules
Servings Per Container 20

Amount Per Serving	%Daily Value
Calories	5
Total Carbohydrate	1 g <1%***
Valerian (<i>Valeriana officinalis</i>) (root)	2,250 mg ****
Proprietary Herbal Blend	500 mg ****
Hops (<i>Humulus lupulus</i>) (flower), Passion Flower (<i>Passiflora incarnata</i>) (aerial), Lemon Balm (<i>Melissa officinalis</i>) (leaf)	

***Percent Daily Values are based on a 2,000 calorie diet.
****Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

Non-GMO, No Artificial Color, No Artificial Flavor, No Artificial Sweetener, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

★ **Made In The USA** with select ingredients from around the world

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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