DIRECTIONS: For adults, take one (1) capsule daily, preferably with a meal.

WARNING: Pregnant or lactating women should consult a doctor before using any product. Consult your doctor before use if you have, or have had, ANY HEALTH CONDITION or if you are taking ANY MEDICATIONS OR REMEDIES including OTC medications, or are planning any medical procedure. Discontinue use and consult your doctor if any adverse reactions occur, such as gastrointestinal discomfort. 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

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any









VALERIAN ROOT 1000 MG

EOUIVALENT PER CAPSULE**







VEG CAPS



- Supports Healthy Sleep Patterns*
- Supports Healthy Cell Repair*

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Veg Capsule Servings Per Container: 200

> Amount %Daily Per Serving Value

Valerian Root Extract

250 mg

(Valeriana Officinalis) (root) (A 4:1 extract, equivalent to 1000 mg of fresh Valerian Root)**

*Daily Value not Established.

Other Ingredients: Cellulose (from capsule), Silica, Magnesium Stearate and Microcrystalline Cellulose Powder

CONTAINS NO: Artificial coloring, artificial flavor, preservatives, yeast, corn, milk or milk derivatives, lactose, salt, sodium, soy, sugar, gluten, starch or wheat Produced in a GMP facility that processes other ingredients containing these allergens.

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