

Herbal Secrets' Valerian Root is an all-natural herbal supplement that promotes relaxation and restful sleep.* Valerian is well known for its sedative qualities and its ability to relax the central nervous system and the smooth muscle groups.* It is especially helpful for those who suffer from mild insomnia or have problems relaxing.*

CAUTION: 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.

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



NATURAL DIETARY SUPPLEMENT

Valerian Root

Relaxation Aid*

- Calming and Relaxing Effect*
- Helps you Fall Asleep Fast & Stay Asleep All Night*
- Promotes Cell Health & Regeneration*



120 CAPSULES

500 mg

Supplement Facts

Serving Size: 1 Capsule

Serving Per Container: 120

Valerian Root Powder

Amount Per Serving

% Daily Value

(*Valeriana officinalis*)(root)

500 mg

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**Daily value not established

OTHER INGREDIENTS: Gelatin (Capsule), Silicon Dioxide & Magnesium Stearate (Vegetable Source)

SUGGESTED USE: As a dietary supplement, adults take one (1) to five (5) capsules at bedtime or as directed by a health care professional. (Capsules may be opened and prepared as a tea.)

CONTAINS NO: Artificial Colors, Sweeteners, Preservatives, Sugar, Milk, Lactose, Soy, Gluten, Wheat, Yeast, Fish or Sodium

KEEP OUT OF REACH OF CHILDREN, DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING, STORE IN A COOL, DRY PLACE.



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