

SUPPORTS RESTFUL SLEEP*

With uses dating back to the 11th century, Valerian has traditionally been used to support restful sleep.* At Nature's Way®, our Valerian comes from farms in European countries, like Poland, the Netherlands, and Bulgaria, where it grows best. At Nature's Way, we believe nature knows best. That's why our mission is to seek out the best herbs the earth has to give. It's the way we deliver uncompromising quality and help you live healthier.

◆ LG63400.B01 BLK8086B



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



✱PREMIUM EXTRACT✱

VALERIAN

SUPPORTS RESTFUL SLEEP*



90 VEGAN CAPSULES | 220 MG PER SERVING
OF VALERIAN EXTRACT

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules one hour before bedtime. For daytime use: Take 1 capsule with water at mealtime. **Warning:** Consult a healthcare professional before use if you are pregnant, nursing, or taking sedatives, tranquilizers, or any medications. Avoid alcohol and do not drive or operate machinery while taking this product.

Supplement Facts

Serving Size 2 Capsules
Servings per Container 45

Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Valerian (root)	800 mg	**
Valerian (root) Extract standardized to 0.8% valerenic acids (1.76 mg)	220 mg	**

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

Other ingredients: plant-derived capsule (hypromellose), silica

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, corn, soy, dairy products, or artificial colors, flavors or preservatives.

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Questions? 1-800-9NATURE / naturesway.com

