

SOLARAY®
DIETARY SUPPLEMENT

Valerian

*Valeriana
officinalis*
470 mg
per capsule

WHOLE ROOT

100 VegCaps



WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product, especially if you are taking a prescription medication.

Directions: Use only as directed. Take one VegCap daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
Valerian (<i>Valeriana officinalis</i>) (root)	470 mg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule.

Discussion: Valerian is an herb that has been used historically throughout the world for thousands of years. The strong smell of the root makes it easily identifiable. It is said that its name derives from the Latin word *valere*, meaning "all heal," because it was so commonly used for a wide variety of ailments. Valerian is approved by the German Commission E for normal, restful sleep.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

California Residents Only: This product contains a substance known to the State of California to cause birth defects or other reproductive harm.

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Comments or Questions:

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