

Herbadiet Valerian is made with certified organic valeriana officinalis root powder. This full spectrum herb retains all the active constituents in nature intended balanced ratio. Encapsulating this goodness in our quick release, easy to swallow vegan capsules, guarantees you a premium quality nutritional supplement.

- ✓ Promotes Calmness & Relaxation<sup>†</sup>
- ✓ Promotes Heart Health<sup>†</sup>
- ✓ Supports Healthy Cell Repair<sup>†</sup>

<sup>†</sup>These statements have not been evaluated by FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

**DO NOT USE IF SEAL UNDER THE CAP IS BROKEN OR MISSING.**

*Dietary supplement shouldn't be used as a substitute for a varied diet*  
**Natural color variation may occur in this product**

Batch No.: ARK/C/275  
Mfg. Date } See bottom  
Exp. Date } of the bottle

**CAUTION :** If you are pregnant, breast feeding, or taking medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in cool, dry place

**NOT FOR MEDICINAL USE**

Code: HD0638



# HerbaDiet

100% NATURAL



## ORGANIC VALERIAN

### NATURAL SLEEP AID

Dietary Supplement



**DIRECTIONS FOR USE:** Take 1-2 capsule before bedtime or as directed by your physician.

## SUPPLEMENT FACTS

Serving Size: 1-2 capsule

Serving per container: 60

Amount Per Serving

Organic Valerian Root

400 mg

(*Valeriana Officinalis*)

% Daily Value Not Established

Other Ingredients: Vegetable Cellulose Shell (HPMC) (INS 464)  
Suitable For Vegetarians And Vegans

**FREE OF PRESERVATIVES, BINDERS, GLUTEN, ARTIFICIAL INGREDIENTS, DAIRY, SOY, WHEAT, YEAST**

**EVERY BATCH 3RD PARTY LAB TESTED**

Distributed By  
**ARKURE HEALTH CARE**  
Haryana, INDIA

[www.herbadiet.in](http://www.herbadiet.in)

Manufactured By  
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