



**NATURALIST®**

Natural Whole Herb

# Valerian Root



Dietary Supplement

**Supports  
Restful Sleep\***

**45 CAPSULES**

## Supplement Facts

Serving Size 1 Capsule ↓

| Amount Per Serving                                                                                                      | %Daily Value |
|-------------------------------------------------------------------------------------------------------------------------|--------------|
| Valerian<br>( <i>Valeriana officinalis</i> ) (root) ↓ 450 mg                                                            | **           |
| Proprietary Herbal Blend † 100 mg                                                                                       | **           |
| Hope (Humulus lupulus) (flower),<br>Passion Flower (Passiflora incarnata)<br>(aerial), Lemon Balm (Melissa officinalis) |              |

\*\*Daily Value not established.

Other Ingredients: Gelatin (Bovine), Vegetable Magnesium Stearate.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium.

### IMPORTANT FACTS YOU SHOULD KNOW

Valerian has been prized since ancient Roman times for its calming properties and has been traditionally used to support rest.\* Naturalist's Valerian provides the benefits of the key components found in the whole root.\*

**DIRECTIONS:** FOR ADULTS, START WITH ONE (1) CAPSULE DAILY AND INCREASE AS NEEDED. UP TO FIVE (5) CAPSULES CAN BE TAKEN DAILY.

**WARNING:** 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.

**KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

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

Quality Guaranteed Lab Tested  
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Manufactured by Rexall Sundown, Inc.  
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44742



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CAB 00012

ACTUAL  
SIZE