

Discover Nature's Answer

and trust
the Difference...®

The True Nature of Our Standards
goes way beyond the herb...™

Prop. 65 Warning for California Residents

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm.

For more information go to www.P65Warnings.ca.gov/food.



Store in a cool, dry place.



NATURE'S ANSWER

Since 1972

STANDARDIZED

Valerian Root

Promotes Restful Sleep*

Valeriana officinalis

500mg

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Dietary Supplement 90 Vegetarian Capsules

Vegan
Gluten-Free

Supplement Facts

Serving Size 1 Capsule

Servings Per Container: 90

Amount Per Serving	% Daily Value
Valerian (<i>Valeriana officinalis</i>) (Root) (providing 0.2% valerenic acid)	500 mg †

† Daily Value not established

Other Ingredients: Vegetable Cellulose (capsule), Rice Flour, Calcium Silicate.

Suggested Use: As a dietary supplement, take one (1) capsule once (1) per day, preferably 30 minutes before bed time, with water.

WARNING: Keep Out of Reach of Children. Do not use if safety seal is damaged or missing. Do not use if you are pregnant or nursing. If you are taking any medications, planning any medical procedure or have a medical condition, consult with your healthcare practitioner before use.

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

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Manufactured by: Nature's Answer®

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For product information, call (800) 439-2324. www.naturesanswer.com

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