

Valerian (*Valeriana officinalis*) is a perennial plant with dark green leaves and small white, light pink and purple flowers, native to Europe and parts of Asia. Its roots dried, ground and consumed in tea or supplement form have been used to promote relaxation, so you can leave your busy day behind and get the tranquil rest you deserve.*

- › Supports deep, restful, restorative sleep*
- › Supports better sleep in poor sleepers*
- › Supports quick transition to sleep*

CAUTION: For adults only, 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.

Keep out of the reach of children.

Do not use if safety seal is broken or missing.

Keep in cool, dry place.

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

 **MADE IN USA**



Best Naturals®

Valerian Root

Restful Sleep*

450 mg

**Promotes Relaxation & Calm
Tranquil Rest***

250 CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 5 Capsules

Serving Per Container: 50

Amount Per Serving

% Daily Value

Valerian (<i>Valeriana officinalis</i>) (root)	2,250 mg	**
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****Daily Value not established.**

OTHER INGREDIENTS: Gelatin, Silica, Vegetable Stearate.

SUGGESTED USE: As a dietary supplement, take four (4) to five (5) capsules one hour before bedtime, or as directed by your qualified healthcare professional. [Capsules may be opened and prepared as a tea.]

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Manufactured for Best Naturals,
PO Box 394, Kenilworth NJ 07033 USA
www.shopbestnaturals.com

for additional information call: 1-877-659-6004

Lot#

Exp#

