

Traditional use claims are based on historical or traditional practices. Valerian has a long history of use for relaxation and occasional sleeplessness dating back to traditional Greek medicine.

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. Do not use if seal under cap is broken or missing.

*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.

TO REORDER ITEM # 1328
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride
Valerian Root
EXTRACT



1000MG
Equivalent Per Softgel**

SUPPORTS
RELAXATION*

CONCENTRATED EXTRACT
Herbal Supplement

90 Rapid Release
Softgels

DIRECTIONS: For adults, take two (2) softgels daily, preferably 30 minutes before bedtime or rest.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 45

Amount Per Serving	%Daily Value
Valerian Root Extract 500 mg (<i>Valeriana officinalis</i>)	***
**(a 4:1 Extract, equivalent to 2,000 mg of Valerian Root)	

***Daily Value not established.

Other Ingredients: Gelatin, Soybean Oil, Vegetable Glycerin, Soy Lecithin. **Contains <2% of:** Natural Caramel Color, Titanium Dioxide Color, Yellow Beeswax.
Contains soy ingredients.
Contains bioengineered food ingredients.

No Artificial Flavor or Sweetener, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.