

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. Avoid this product if you are allergic to ragweed or daisy-like flowers. 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.

★ **Made In The USA** with select ingredients from around the world

*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.

TO REORDER ITEM # 3260
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
© 2021 Puritan's Pride, Inc.
B51998 11F 14-13030



www.puritan.com

Puritan's Pride

Calm Tabs®

WITH VALERIAN
TRADITIONAL HERB FOR RELAXATION*



WITH NATURALLY
SOURCED BOTANICALS

HERBAL COMPLEX
Herbal Supplement

100 COATED
TABLETS

DIRECTIONS: For adults, take up to five (5) tablets one hour before bedtime, as needed.

Supplement Facts

Serving Size 5 Tablets
Servings Per Container 20

Amount Per Serving	%Daily Value
Valerian Extract 4:1 (<i>Valeriana officinalis</i>) (root) (equivalent to 320 mg Valerian Root)	80 mg **
Passion Flower Extract 4:1 (<i>Passiflora incarnata</i>) (equivalent to 320 mg Passion Flower)	80 mg **
Celery Seed Extract 6:1 (<i>Apium graveolens</i>) (equivalent to 318 mg Celery Seed)	53 mg **
Chamomile (<i>Matricaria recutita</i>) (flower)	322 mg **
Hops Flower Extract 10:1 (<i>Humulus lupulus</i>) (equivalent to 160 mg Hops Flower)	16 mg **
Orange Peel Extract 4:1 (<i>Citrus sinensis</i>) (equivalent to 160 mg Orange Peel)	40 mg **

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. Contains <2% of: Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.