


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.



1,500 mg
per serving

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Dietary Supplement

180 Vegetarian Capsules

Gluten-Free
Vegan

NATURE'S ANSWER

Since 1972

Valerian Root

Promotes Restful Sleep*

Valeriana officinalis

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 60

Amount Per Serving

Valerian (<i>Valeriana officinalis</i>) (root)	1,500 mg (1.5 g) †
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† Daily Value not established.

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

Suggested Use: As a dietary supplement, take three (3) capsules once a day with food or water, preferably 30 minutes before bedtime.

WARNING: Keep Out of Reach of Children. Do not use if safety seal is damaged or missing. If you are pregnant, nursing, 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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