

**DIRECTIONS:** Take 1 capsule daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.  
Protect from heat, light & moisture.  
Store in a cool, dry place.  
Do not purchase if seal is broken.

**MADE IN THE U.S.A. FROM GLOBALLY SOURCED INGREDIENTS.**

†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.



# VALERIAN ROOT

## 450 mg

**BLUEPRINT STANDARDIZED HERBALS**

Tranquil Rest<sup>†</sup>  
Promotes Relaxation<sup>†</sup>

HERBAL  
SUPPLEMENT

60  
CAPSULES

### Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	%Daily Value
Valerian ( <i>Valeriana officinalis</i> L.)(root)(4:1 extract)	450 mg	*
Equivalent to 1800 mg of whole herb		

\*Daily value not established.

Other ingredients: Gelatin, calcium sulfate, silica, magnesium stearate and vanillin.

WARNING: Pregnant or lactating women should consult with their physician prior to taking this product.

ITEM: 754ND



**NO** SUGAR, WHEAT, SOY, MILK, ARTIFICIAL  
COLORS, FLAVORS OR PRESERVATIVES

**NON GMO - GLUTEN FREE**

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