

DIRECTIONS: FOR ADULTS, TAKE ONE (1) TO FOUR (4) CAPSULES, ONE HOUR BEFORE BEDTIME, AS NEEDED. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 25

Amount Per Serving	%Daily Value
Valerian (<i>Valeriana officinalis</i>) (root) 2,120 mg (2.12 g)	**

**Daily Value not established.

Other Ingredient: Gelatin.

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

WARNING: If you are pregnant, nursing or taking any medications, 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.

Manufactured by REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA

Sundown
Naturals

Valerian Root

530 MG Natural Whole Herb

**Supports Relaxation
and Calm Tranquil Rest***

100 CAPSULES HERBAL SUPPLEMENT

Smart Facts

Stressful lifestyles often result in frazzled nerves and racing minds, which can prevent restful sleep. Sundown's Valerian Root is a popular choice to calm occasional upset nerves and support rest.* It's the natural choice for bedtime and rest.*

*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.

Sundown Naturals' Whole Herb products utilize ground plant parts to provide the natural components found in nature.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free
1-888-VITAHELP (848-2435) or visit us at
www.sundownnaturals.com

 **FREE OF
Gluten &
Wheat**



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