

SUPPORTS
RESTFUL SLEEP*

Valerian has uses dating back to the 11th century. At Nature's Way®, our Valerian comes from European countries like Poland, the Netherlands, and Bulgaria, where it grows best. We then add Lemon Balm for a premium blend that supports restful sleep.*

◆ LG12729.B01 BLK8150B



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



❖ PREMIUM BLEND ❖

SLEEP
WELL

VALERIAN &
LEMON BALM



50 TABLETS | 480 MG per Serving

DIETARY SUPPLEMENT

Recommendation: Adults take 2 tablets one hour before bedtime. Not for use in children 12 years and under. Do not exceed recommended dose.

Supplement Facts

Serving Size 2 Tablets
Servings per Container 25

Amount per Serving	% DV**
Valerian (root) Extract standardized to 0.3% valerenic acid	320 mg**
Lemon Balm (leaf) Extract	160 mg**

**Daily Value (DV) not established.

Other ingredients: dicalcium phosphate, hydroxypropyl cellulose, sodium croscarmellose, cellulose, stearic acid, hypromellose, silica, glycerin

Warning: Do not take if you are pregnant or nursing. If you are taking sedatives, tranquilizers, or any other medications, consult a healthcare professional before use. This product may ▶

cause drowsiness, do not drive or operate machinery while taking this product. Avoid alcohol and other sedatives while taking this product. If difficulty sleeping persists for more than four weeks, consult a healthcare professional. Insomnia may be a symptom of a serious underlying medical condition.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

GLUTEN FREE. No yeast-derived ingredients, wheat, dairy, or soy.

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