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Valerian (*Valeriana officinalis* L.) root, valued medicinally since ancient Greek times, contains unstable esters called valepotriates, pungent essential oils (valerenic acid and isovaleric acid), sesquiterpenes and glycoside. This extract is standardized at 0.8% valerenic acid.

Suggested Usage: As a dietary supplement, adults take 1 capsule daily at bedtime or between meals, repeated as needed, or as advised by your healthcare professional. If digestive irritation occurs, take with meals.

Stop use and consult your health care professional if allergic reactions occur. Caution: Large quantities (5 or more capsules daily) and prolonged use may lead to withdrawal symptoms. If pregnant or nursing, consult your health care professional before using.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #77381

Valerian Root Max-V

Standardized Herbal
Extract Supplement
0.8% valerenic acid



60 Vegetarian Capsules

Supplement Facts

Serving Size 1 vegetarian capsule
Servings Per Container 60

Amount Per Serving	%DV
Valerian Herbal Extract.....200 mg	*
(root) (<i>Valeriana officinalis</i> L.)	
Standardized to provide	
1.6 mg valerenic acid	
Valerian (<i>Valeriana officinalis</i>) ...100 mg	*
(root) (non-standardized)	

*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, cellulose and vegetable stearate.

Manufactured by:
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