

swanson.com

or call 1-800-437-4148

- Total wellness for mind, body & home
- Unsurpassed purity & potency
- 100% money back guaranteed

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one to two capsules 30 minutes before bedtime with water.

WARNING: For adults only. May cause drowsiness. Do not use while driving or operating heavy equipment. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking prescription medications, especially sedatives or tranquilizers.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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 Extract

Sleep Support

STANDARDIZED

HERBAL SUPPLEMENT | 120 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving

Valerian Root Extract	400 mg*
<i>(Valeriana officinalis)</i> (standardized to 0.8% valerenic acid)	
Valerian Root	700 mg*

*Daily Value not established.

Other ingredients: Gelatin, maltodextrin, calcium silicate, microcrystalline cellulose (plant fiber), magnesium stearate.

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