

Herbal Secrets' Valerian Root is an all-natural herbal supplement that promotes relaxation and restful sleep.\* Valerian Root is well known for its sedative qualities and its ability to relax the central nervous system and the smooth muscle groups.\* It is especially helpful for those who suffer from mild insomnia or have problems relaxing.\*

**SUGGESTED USE:** As a dietary supplement, adults take one (1) to five (5) capsules at bedtime. Capsules may be opened and prepared as a tea.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, 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.

\* 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.



**HERBAL  
SECRETS**

NATURAL DIETARY SUPPLEMENT

# Valerian Root

## Relaxation Aid\*

- Calming and Relaxing Effect\*
- Helps you Fall Asleep Fast & Stay Asleep All Night \*
- Promotes Cell Health & Regeneration\*



120 CAPSULES

450 mg

## Supplement Facts

Serving Size: 5 Capsules

Serving Per Container: 24

Valerian Root Extract  
(*Valeriana officinalis*)(root)

Amount Per Serving % Daily Value  
2250 mg (2.25 g) \*\*

\*\* Daily value not established

OTHER INGREDIENTS: Gelatin.

No Artificial colors or sweeteners, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium free.

KEEP OUT OF REACH OF CHILDREN, DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING, STORE IN A COOL, DRY PLACE.



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