

Suggested Usage: Take 2 capsules prior to bedtime as needed.

Valerian root has been an herbal favorite in many cultures for centuries.

Caution: For adults only. Do not use if pregnant or nursing. Consult physician if taking medication or have a medical condition. Keep out of reach of children. This product may cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of valerian.

Natural color variation may occur in this product.

California Proposition 65

⚠ **WARNING:** Reproductive Harm – www.P65Warnings.ca.gov/food.

CAPSULE SIZE

CODE 4771B V6



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Valerian Root

500 mg

Herbal Supplement

Traditional Herb

250 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules
Servings Per Container 125

| | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| Total Carbohydrate | < 1 g | < 1%* |
| Valerian (<i>Valeriana officinalis</i>) (Root) | 1 g (1,000 mg) | † |

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredient: Hypromellose (cellulose capsule).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients.

Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

