

Valerian has been used for centuries for its broad health benefits.

**Directions:** Take 1 or 2 capsules twice daily with meals.

Manufactured by: The Himalaya Drug Company  
Bangalore (INDIA) Mfg. Lic. No. AUS-83

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Distributed by: Himalaya USA  
Houston, Texas 1-800-869-4640

[www.himalayausa.com](http://www.himalayausa.com) 8/04

**Caution: Keep out of direct light and out of the reach of children.**

**Chromatographic Fingerprinting:**

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**Himalaya**<sup>TM</sup>  
**PURE HERBS**

**valerian**

**SLEEP AID**



**Supplement Facts**

Serving Size: 2 capsules (2 x 250 mg)  
Servings per container: 30

**Amount per serving**

Valerian	500 mg*
<i>(Valeriana wallichii DC.)</i>	
(root) Dried water extract	

\*Daily Value Not Established.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



HERBAL SUPPLEMENT • 60 CAPSULES