

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



TO REORDER ITEM # 32438
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Rensselaer, NY 11779 U.S.A.
©2022 Puritan's Pride, Inc.
B11366 00A 14-13695



www.puritan.com

Puritan's Pride

Valerian Root



265MG

**TRADITIONAL
HERB FOR
GENERAL
WELL-BEING†**

Herbal Supplement

100 Capsules

DIRECTIONS: For adults, take one (1) capsule at bedtime. Capsule may be opened and prepared as a tea.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Valerian (<i>Valeriana officinalis</i>) (root)	225 mg	*
Valerian Extract (<i>Valeriana officinalis</i>) (root)	40 mg	*

*Daily Value not established.

Other Ingredients: Gelatin, Maltodextrin, Vegetable Magnesium Stearate.

†Traditional use claims are based on historical or traditional practices. Valerian has a long history of use dating back to traditional Greek medicine.

No Artificial Color, Flavor or Sweetener, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.