

SUGGESTED USE: As a dietary supplement for adults, take one (1) capsule daily, preferably 30 minutes before bedtime or rest.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. 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.

IMPORTANT: Tamper evident seal under cap. Do not use if seal is broken or missing.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

**SATISFACTION
GUARANTEE**

If you're not satisfied, we'll
happily refund your money.

RA3113 B3110 A



-  **Gluten Free**
-  **No Artificial Colors**
-  **No Artificial Flavors**
-  **Soy Free**
-  **Dairy Free**
-  **Wheat Free**

**FREE
FROM**

**GLUTEN FREE
NO ARTIFICIAL COLORS**

**HOLISTIC HEALTH.
PRODUCTS**

VALERIAN ROOT

HERBAL SUPPLEMENT

**1,200 mg equivalent
per capsule****

**traditionally used to
support relaxation and rest***



60
CAPSULES
60 SERVINGS

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT
IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
Valerian Root Proprietary Blend 1,200 mg (1.2 g) ***	
Valerian Root (<i>Valeriana officinalis</i>) (from 10:1 extract)	
Valerian Root (<i>Valeriana officinalis</i>)	

***Daily Value not established.

OTHER INGREDIENTS: Rice Powder, Gelatin Capsule (Bovine), Vegetable Magnesium Stearate.

DISTRIBUTED BY: RITE AID
30 HUNTER LANE, CAMP HILL, PA 17011
www.riteaid.com

**Equivalent from a proprietary blend of Valerian Root 10:1 Extract and Valerian Root Powder.