

# PLANETARY<sup>®</sup>

## HERBALS

### FULL SPECTRUM™

# VALERIAN EXTRACT

BOTANICAL SUPPORT FOR RESTFUL SLEEP\*  
650 MG • 60 TABLETS



HERBAL SUPPLEMENT

Approved by  
Michael Tierra L.Ac, O.M.D

*Michael Tierra*

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Calcium (as dibasic calcium phosphate & naturally occurring)	47 mg	4%
Valerian Root Ext. ( <i>Valeriana officinalis</i> ) Standardized Ext. 0.8% Yielding 3.6 mg Valerenic Acid	450 mg	†
Valerian Root	200 mg	†

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, sorbitol, stearic acid, silica, modified cellulose gum, and magnesium stearate.

**Suggested Use:** 1 tablet 1/2 hour before going to bed.

STORE IN A COOL, DRY PLACE.

**NOTE:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Valerian root has been the primary herb of choice for supporting a restful sleep since the 9th century. Modern research has confirmed this traditional use, identifying valerenic acid, a component of the essential oil, as being primarily responsible for its relaxing effects. Planetary Herbals **FULL SPECTRUM™ VALERIAN EXTRACT** delivers 450 mg of a concentrated standardized extract yielding 0.8% valerenic acid, and an additional 200 mg of whole valerian root.\*

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

**\*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.**

Manufactured for:  
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P.O. BOX 1760 SOQUEL, CA 95073  
[www.planetaryherbals.com](http://www.planetaryherbals.com)

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