



**Solaray**<sup>®</sup>  
EST. 1973

TRUE HERBS  
**VALERIAN**  
470 mg

+ Sleep Support<sup>‡</sup>

100 VEGCAPS  
DIETARY SUPPLEMENT



Since 1973, we've scoured the globe for the highest quality ingredients, connecting you with the most efficacious supplements that help you live brighter & embrace the moments that matter most.



**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product, especially if you are taking a prescription medication.

**Directions:** Use only as directed. Take 1 VegCap daily with a meal or glass of water. Store in a cool, dry place.

## Supplement Facts

Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
Valerian ( <i>Valeriana officinalis</i> ) (root)	470 mg	*

\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose Capsule.

**Discussion:** Valerian is an herb that has been used historically throughout the world for thousands of years. The strong smell of the root makes it easily identifiable. It is said that its name derives from the Latin word *valere*, meaning "all heal," because it was so commonly used for a wide variety of ailments.<sup>‡</sup>

<sup>‡</sup>These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

**California Residents Only**

**⚠ WARNING:** Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

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[www.nutraceutical.com](http://www.nutraceutical.com)

**Comments or Questions:**

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