

Supports Restful Sleep*

Herbal sleep support dating back to the 11th century*

- Botanicals are sourced where they grow best
- Made with the quality you trust

Explore more products at [NATURESWAY.COM](https://www.naturesway.com)

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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Green Bay, WI 54311 USA
Bottled and tested in the USA

Questions? 1-800-962-8873 / [naturesway.com](https://www.naturesway.com)

LH63400.B01 BLK8086B



BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



VALERIAN PREMIUM EXTRACT

Supports Restful Sleep*

220 mg of Valerian Extract
per 2-capsule serving

PLANT
POWERED



90 VEGAN CAPSULES - DIETARY SUPPLEMENT

Recommendation: Adults take 2 capsules one hour before bedtime. **For daytime use:** Take 1 capsule with water at mealtime. **Warning:** Do not take if you are pregnant or nursing. If you are taking sedatives, tranquilizers, or other medications, consult a healthcare professional before use. Avoid alcohol and do not drive or operate machinery while taking this product as it may cause drowsiness.

Supplement Facts

Serving Size 2 Capsules

Servings per Container 45

Amount per Serving		% DV†
Total Carbohydrate	<1 g	<1%†
Valerian (root)	800 mg	**
Valerian (root) Extract standardized to 0.8% valerenic acids (1.76 mg)	220 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), silica
GLUTEN FREE. No salt, wheat, corn, soy, dairy, gelatin, or artificial colors, flavors, or preservatives.