

Traditional Sleep Support*

Used since the 11th century

- Traditionally used to support restful sleep*
- Sourced from European countries like Poland, the Netherlands, and Bulgaria
- Made with the quality you trust

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

GLUTEN FREE. No wheat, corn, soy, dairy, gelatin, or artificial colors or flavors.

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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)



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.

Nature's
Way

VALERIAN ROOT

Traditional
Sleep Support*

PLANT
POWERED

1,590 MG PER
3-CAPSULE SERVING



100 VEGAN CAPSULES - DIETARY SUPPLEMENT

Recommendation: Adults take 3 capsules one hour before bedtime.

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 3 Capsules
Servings per Container 33

Amount per Serving		% DV†
Calories	5	
Total Carbohydrate	1 g	<1%†
Dietary Fiber	<1 g	2%†
Valerian (root)	1.59 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, magnesium stearate

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.