

# VALERIAN ROOT EXTRACT POWDER



**500mg**  
PER SERVING

**250g**  
WEIGHT

**500**  
SERVINGS

## Valerian Root Extract

**250g (8.8oz)**

### SUPPLEMENT FACTS

Serving Size: 500 milligrams (about 1/5 tsp)

Servings per container: 500

Amount Per Serving	% Daily Value
Valerian Root Extract 4:1 ( <i>Valeriana officinalis</i> ) (Root)	500 mg *

\*Daily Value not established.

**Free of:** Added Sugar, Soy, Dairy, Yeast, Gluten

**Suggested Use:** As a dietary supplement, take 500 mg (about 1/5 tsp) once daily about 2 hours before bed time or as directed by a physician.

**Use an accurate milligram scale. Contents are sold by weight, not volume. Settling may occur.**

Store in a dry, cool place

**Other Ingredients:** Dextrin

**Color may vary**

#### WARNING:

This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult a physician before taking any dietary supplement. KEEP OUT OF REACH OF CHILDREN.

Lot Number: XXXXXXX  
Best Before: XXXXXXXX

#### Distributed Exclusively by:

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