

Herbal Sleep Support*

Used since the 11th century

- Helps promote sleep*
- With 320 mg valerian root extract per 2-tablet serving
- Also with lemon balm leaf extract
- 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)

◆ LH6640.B01 BLK8150B



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 NIGHTTIME™ PREMIUM BLEND

Herbal Sleep Support*

320 mg Valerian Extract
per 2-tablet serving

PLANT
POWERED

100 TABLETS - DIETARY SUPPLEMENT

Recommendation: Adults take 2 tablets one hour before bedtime. Not for use in children 12 years and under. Do not exceed recommended dose. **Warning:** Do not take if you are pregnant or nursing. If you are taking sedatives, tranquilizers, or any other medications, consult a healthcare professional before use. This product may cause drowsiness; do not drive or operate machinery while taking this product. Avoid alcohol and other sedatives while taking this product. If difficulty sleeping persists for more than four weeks, consult a healthcare professional. Insomnia may be a symptom of a serious underlying medical condition.

Supplement Facts

Serving Size 2 Tablets Servings per Container 50

| Amount per Serving | % DV** |
|---|----------|
| Valerian (root) Extract standardized to 0.3% valerenic acid (0.96 mg) | 320 mg** |
| Lemon Balm (leaf) Extract | 160 mg** |

**Daily Value (DV) not established.

Other ingredients: dicalcium phosphate, hydroxypropyl cellulose, sodium croscarmellose, cellulose, stearic acid, hypromellose, silica, glycerin

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