

**SUGGESTED USE:** For adults, take one (1) capsule daily, at bedtime or as directed by a doctor.

**WARNING:** Do not take this product if you are pregnant or nursing. Consult a doctor before taking this product if you have a medical condition or are taking any medications. Do not consume alcohol, drive, or operate machinery after taking this product.

**Keep out of reach of children.** Store at room temperature. Do not use if safety seal under cap is broken or missing.

††This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Distributed by**

Inside Vitamins & Supplements  
Pembroke Pines FL 33332

**Questions or Comments?**

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Inside®

**Valerian Root**

**600 mg**



**Herbal Supplement**  
**60 Capsules**

**Supplement Facts**

Serving Size 1 Capsule    Serving per container 60

**Amount Per Serving**                      **%Daily Value\***

Valerian Root Extract                      600 mg                      \*\*  
(Valeriana officinalis) (root)

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

**OTHER INGREDIENTS:** Rice Flour, Gelatin, Silica, Magnesium Stearate.

**BENEFITS:** Supports restful sleep. Promotes a sense of relaxation. ††

**FREE OF:** Artificial Color, Artificial Flavor, GMO's, Gluten, Soy.