



valerian

Suggested Daily Intake: Take one (1) capsule, one to two times daily as needed.

valériane

Dosage Journalier Recommandé: Prendre une (1) capsule, une à deux fois par jour selon vos besoins.

valeriana

Consumo Quotidiano Raccomandato: Prendere una (1) capsula due volte al giorno secondo le necessità.

baldrian

Vorgeschlagene tägliche Einnahme: Nehmen Sie 1 Kapsel, je nach Bedarf, ein bis zwei mal pro Tag.

valeriana

Dosis diaria recomendada: Tome una (1) cápsula, una o dos veces al día, según sus necesidades.

valeriana

Dose Diária Recomendada: Tome 1 cápsula de uma a duas vezes por dia conforme necessário.

BIOVEA®

valerian

guaranteed premium quality

250mg
dietary
supplement

120
capsules



Supplement Facts

Serving Size: One (1) VCap
Servings Per Container: 120

	Amount Per Serving	% DV
Valerian (root) (0.8% valerenic acids, 2mg)	250mg	*

*Daily Value (DV) not established.

Other Ingredients: Cellulose, rice flour, magnesium stearate, microcrystalline cellulose.

Warning: If you are pregnant or lactating, consult a health care professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.



L-tryptophan

Suggested Daily Intake: Take 1 capsule 3 times daily, between meals and preferably with fruit juice. To support restful sleep, take 3 capsules before bed.

L-tryptophane

Dosage Journalier Recommandé: Prendre 1 capsule trois fois par jour, entre les repas et de préférence avec un jus de fruit. Pour faciliter le sommeil, prendre 3 capsules avant le coucher.

L-triptofano

Consumo Quotidiano Raccomandato: Prendere 1 capsula al giorno, lontano dai pasti e preferibilmente con del succo di frutta. Per facilitare il sonno, prendere 3 capsule prima di andare a dormire.

L-tryptophan

Vorgeschlagene tägliche Einnahme: Nehmen Sie 1 Kapsel bis zu 3x täglich mit einer Mahlzeit ein oder nach Wahl mit Fruchtsaft. Um einen erholsamen Schlaf zu fördern nehmen Sie 3 Kapseln vor dem Schlafengehen.

L-tryptophan

Dosis diaria recomendada: Tomar 1 cápsula tres veces al día, entre las comidas y de preferencia con un zumo de fruta. Para favorecer un sueño reparador, tomar 3 cápsulas antes de acostarse.

L-tryptophan

Dose Diária Recomendada: Tomar 1 cápsula tres vezes por dia, entre as refeições e preferavelmente com um suco de frutas. Para ajudar a um sono de descanso, tomar 3 cápsulas antes de dormir.

BIOVEA®

L-tryptophan

guaranteed premium quality

500mg
dietary
supplement

60
capsules



amino
acid

Supplement Facts

Serving Size: Three (3) Capsules
Servings per Container: 20

	Amount Per Serving	% DV
Iron (naturally occurring)	575mcg	4%
L-Tryptophan	1.5g	*

*Daily Value (DV) not established.

Other Ingredients: Gelatin (capsule), microcrystalline cellulose, dibasic calcium phosphate, colloidal silicon dioxide, and magnesium stearate.

Warning: If you are pregnant, may become pregnant, breastfeeding, or are taking medications such as SSRIs or MAOIs consult your health care professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.