

DIRECTIONS: Adults take one (1) softgel 30 minutes before sleep, may be increased to two (2) softgels if needed or as recommended by a health care professional.

INDICACIÓN: Adultos tomar una (1) cápsula suave 30 minutos antes de dormir. Puede incrementarse a dos (2) cápsulas suaves si es necesario o como lo indica su profesional de la salud.

*Valerian is an all natural herbal alternative that has been traditionally used as a natural sedative and to promote a restful night sleep.

**STORE IN A COOL, DRY PLACE
KEEP OUT OF THE REACH OF CHILDREN
TAMPER RESISTANT - DO NOT USE
IF SEAL IS DAMAGED OR MISSING**

Made in USA

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Only Natural, Inc.
Island Park, NY 11558 U.S.A.
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www.onlynaturalinc.com • 516-897-7001

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Valerian Root Extract

Dietary Supplement • 1,000 mg • 60 Softgels

Supplement Facts

Serving size: one (1) soft gel
Each soft gel contains:

		% U.S. RDA
Valerian root	1000 mg	**
(from 250 mg 4:1 extract)		

** Daily value not established

Other ingredients: gelatin, glycerin, water and soy lecithin

GUARANTEED FREE OF: yeast, corn, wheat, gluten, milk, sugar, starch, preservatives, artificial flavor & color

UPC CODE
7-27413-00992-4