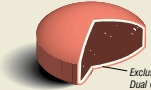
Clinically Proven

Valerian Nighttime™ is a unique blend of Valerian and Lemon Balm extracts clinically proven to promote restful sleep.* Unlike other sleep aids that may cause a tired feeling or lack of mental focus the next morning, Valerian Nighttime leaves you feeling fresh and energized.

Odor Free

Valerian Nighttime's exclusive Dual Control™ coating naturally protects its active ingredients and locks out the pungent aroma of valerian.



Exclusive Natural Dual Control™ Coating

Stomach Gentle

Valerian Nighttime contains Lemon Balm extract to soothe the stomach before bedtime.

Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

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

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Product of Germany

www.naturesway.com

1-800-9NATURE

Nature's Way®

VALERIAN

NIGHTTIME™

ODOR FREE

CONTAINS 0.2% VALERENIC ACID
—WITH LEMON BALM—

100 TABLETS Dietary Supplement

Recommended Dose: Take 1 to 2 tablets one hour before bedtime. Up to three tablets may be taken.

Caution: If difficulty sleeping persists for more than 2 weeks consult a healthcare professional. Insomnia may be a symptom of a serious underlying medical condition. Consult a healthcare professional before use if you are pregnant, nursing, or taking sedatives or tranquilizers. Avoid alcohol and do not drive or operate machinery while taking this product.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

Amount Per Serving		% Daily Value
Total Carbohydrate	<1 g	<1%†
Calcium (as dicalcium phosphate)	35 mg	4%
Valerian extract (root), *minimum 0.2% Valerenic acid*	320 mg	**
Lemon balm extract (leaf)	160 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: Modified cellulose, Modified cellulose gum, Cellulose, Polyvinyl alcohol, Stearic acid, Polyethylene glycol, Titanium dioxide color, Silica, Magnesium silicate, Riboflavin color, Carmine color.

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