

Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®



Valerian (*Valeriana officinalis*) has a relaxing effect on the nervous system, promotes relaxation in individuals leading a hectic lifestyle, and helps support restful sleep.*
Guaranteed to contain 0.1% Valerenic Acids.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Valerian is carefully grown, tested and produced to certified quality standards.

SATISFACTION GUARANTEED. 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.



(BLK8317A)
LN15176.A01



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

PREMIUM *Nature's Way* **HERBAL**

Valerian

Root

vegetarian VCAPS®
RESTFUL SLEEP*

100 Vcaps® / Certified 530 mg

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules one hour before bedtime. For intensive use consult your healthcare practitioner.

Caution: Do not drive or operate heavy equipment while taking this product.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 33

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrate	1 g	<1%†
Dietary Fiber less than 1 gram		2%†
Calcium	60 mg	6%
Valerian (root)	1.59 g (1,590 mg)	**

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

Other ingredients: Plant-derived capsule, Magnesium stearate

Vcaps® is a trademark of Capsugel.
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