

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



Valerian Extract (*valeriana officinalis*) is standardized to **0.8% valerenic acids**, and naturally promotes restful sleep* without the side effects commonly associated with sleep aids.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Valerian extract is carefully 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.

Actual Capsule Size

(BLK8086A)
LN63400.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** EXTRACT

Valerian

Standardized



90 Capsules / 0.8% Valerenic Acids

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules one hour before bedtime.
For daytime use: Take 1 capsule with water at mealtime.

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 Capsules
Servings Per Container 45

Amount Per Serving	% Daily Value	
Total Carbohydrate	1 g	< 1%†
Valerian (root)	800 mg	**
Valerian extract (root), 0.8% valerenic acids	220 mg	**

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

**Daily Value not established.

Other ingredients: Gelatin (capsule), Silica

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Green Bay, WI 54311 USA

