

Suggested Usage: Take 2 capsules prior to bedtime as needed.

Valerian Root has been an herbal favorite in many cultures for centuries.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product may cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of valerian.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening.

Please Recycle.

CAPSULE SIZE

CODE 4771 V3



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Valerian Root

500 mg

Herbal Supplement

Traditional Herb
250 Capsules
A Dietary Supplement

Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 125

	Amount Per Serving	% Daily Value
Total Carbohydrate	< 1 g	< 1%*
Valerian (<i>Valeriana officinalis</i>) (Root)	1 g (1,000 mg)	†

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

† Daily Value not established.

Other ingredient: Gelatin (capsule).

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

