

Valerian works in harmony with your natural cycle to help promote relaxation, so you can leave your busy day behind and get the tranquil rest you deserve.* Inspired by Mother Nature, Valerian is perfect for supporting the quality of your rest.* Our formula also features Passion Flower, Lemon Balm and Hops.

Nature's Bounty's Natural Whole Herb products utilize ground plant parts, to provide the natural components found in nature.

Nature's Bounty's Guarantee: We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

Nature's Bounty's preservative-free gelatin capsules contain pure milled herb powder.



Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money
saving Healthy Rewards™ program, visit
www.NaturesBounty.com

*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.



Prod. No. 3390 B18470 10G

NATURE'S BOUNTY®

NATURAL WHOLE HERB

Valerian Root

450mg | with Passion Flower

Promotes
Relaxation &
Tranquil Rest*



100 capsules

HERBAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) to five (5) capsules at
bedtime. Capsules may be opened and prepared as a tea.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Valerian (<i>Valeriana officinalis</i>) (root) 450 mg	**
Proprietary Herbal Blend 100 mg	**
Hops (<i>Humulus lupulus</i>) (flower), Passion Flower (<i>Passiflora incarnata</i>) (aerial), Lemon Balm (<i>Melissa officinalis</i>)	

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives,
No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No
Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications,
consult your doctor before use. Discontinue use and consult your
doctor if any adverse reactions occur. Excessive consumption may
impair ability to drive a motor vehicle or operate heavy equipment.
Not intended for use by persons under the age of 18. Keep out of
reach of children. Store at room temperature. Do not use if seal
under cap is broken or missing.

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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