

Solgar's Valerian Root Vegetable Capsules are free of sugar, salt, corn, yeast, wheat, soy, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free  
1-877-SOLGAR 4

[www.solgar.com](http://www.solgar.com)



Since 1947

# VALERIAN ROOT

*(Valeriana officinalis)*



DIETARY SUPPLEMENT

100 VEGETABLE CAPSULES  
SUITABLE FOR VEGETARIANS



## Supplement Facts

Serving Size 1 Vegetable Capsule

### Amount Per Serving

|                               |         |
|-------------------------------|---------|
| Valerian Extract (4:1) [root] | 300 mg* |
|-------------------------------|---------|

\*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica.

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) to three (3) vegetable capsules daily, preferably at mealtimes, or as directed by a healthcare practitioner.

**If you are pregnant, nursing, taking medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment.**

Keep out of reach of children.

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CAREFULLY MANUFACTURED BY:

SOLGAR VITAMIN AND HERB, 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

