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

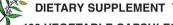
For more information, call toll-free 1-877-SOLGAR 4

www.solgar.com



## VALERIAN

(Valeriana officinalis)



## 100 VEGETABLE CAPSULES

SUITABLE FOR VEGETARIANS

## **Supplement Facts**

Serving Size 1 Vegetable Capsule Amount Per Serving

Valerian Extract (4:1) [root] 300 ma\*

\*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 con-

dition, 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.

04060US06TA CAREFULLY MANUFACTURED BY:

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