

Suggested Use: Take 2 capsules at night prior to retiring, as a dietary supplement, or as directed by a qualified health care professional.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

Valerian Root

*Sleep Support**

500 mg.

60 CAPSULES

Herbal Supplement

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Valerian root powder (root)	1000 mg	†

† Daily Value not established.

OTHER INGREDIENTS: GELATIN, RICE FLOUR.

DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.

3401 W. 37TH AVE. HOBART, IN 46342



***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

