

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with **ANDREW LESSMAN'S Life Rx™** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

CAUTION This product has a mild, relaxing effect. It should not be consumed before driving or operating machinery. Not for use if you are pregnant or nursing.

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
www.PROCAPSLABS.com



430 Parkson Road
Henderson, NV 89011

VALERIAN-250™

250 MG STANDARDIZED VALERIAN ROOT
NATURAL RELAXATION SUPPORT



240 Easy-to-Swallow Capsules

Andrew Lessman's VALERIAN-250 delivers 250 mg of our highly standardized extract of Valerian Root for natural relaxation and restful sleep. For almost 2,000 years, Valerian has been used to gently soothe and calm the nervous system, while also promoting relaxation and sleep. Scientific studies have confirmed Valerian's relaxing properties and the respected German Commission E (considered to be the authority on botanicals) has approved the use of Valerian Root for its natural soothing, relaxing properties. This traditional and natural remedy of the ancient Romans and Greeks has now become a popular tool to help us cope with the stress of our modern world. Valerian Root Extract can naturally help us manage occasional stress and tension, while also promoting a restful night's sleep. In order to be certain of Valerian's benefits, we only employ a standardized extract of Valerian Root ensuring the proper levels of Valerenic Acids (Valerian's active component). Stress and tension can undermine our happiness and in a world that seems to be getting more stressful everyday, our Valerian-250 offers a safe, natural means of relaxation while also promoting the benefits of restful sleep.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 240	
Amount Per Serving		%DV*
Valerian	250 mg	†
(Valerian officinalis) extract (root) standardized to 0.8% Valerenic acids		

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Gelatin capsule.

NO ADDITIVES.