

**DIRECTIONS: FOR ADULTS, TAKE ONE (1) TO TWO (2) CAPSULES, ONE HOUR BEFORE BEDTIME, AS NEEDED.** As a reminder, discuss the supplements and medications you take with your health care providers.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

Amount Per Serving	%Daily Value	
Valerian Extract ( <i>Valeriana officinalis</i> ) (root) (Standardized to contain 0.8% Valerenic Acids, 1.6 mg)	200 mg	**
Valerian ( <i>Valeriana officinalis</i> ) (root)	860 mg	**

\*\*Daily Value not established.

Other Ingredient: Gelatin.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Manufactured by REXALL SUNDOWN, INC.  
Boca Raton, FL 33487 USA

Sundown  
Naturals®

# Valerian Root plus

Standardized Extract

Promotes Relaxation  
and Sleep\*

60 CAPSULES HERBAL SUPPLEMENT

Smart  
Facts

Our stressful lifestyles often result in frazzled nerves and racing minds, which can occasionally affect sleep. Sundown's Valerian Root Plus is designed to help with occasional sleeplessness and works with your natural cycle to promote relaxation.\*

\*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.

**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.

Questions? Call toll free  
1-888-VITAHHELP (848-2435)  
or visit us at [www.sundownnaturals.com](http://www.sundownnaturals.com)



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