

Valerian works in harmony with your natural cycle to help promote relaxation, so you can leave your busy day behind and get the tranquil rest you deserve.* Inspired by Mother Nature, Valerian has been traditionally used to support the quality of rest.* Our formula also features Passion Flower, Lemon Balm and Hops.

Nature's Bounty's Natural Whole Herb products utilize ground plant parts, to provide the natural components found in nature.

Nature's Bounty's Guarantee: We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

Nature's Bounty's preservative-free gelatin capsules contain pure milled herb powder.

 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and savings
join our e-newsletter, visit
www.NaturesBounty.com

*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.



Prod. No. 3390 B18470 11H

NATURE'S BOUNTY

NATURAL WHOLE HERB

Valerian Root

450mg | with Passion Flower

**Supports
Relaxation &
Tranquil Rest***



100 capsules

HERBAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) to five (5) capsules at bedtime. Capsules may be opened and prepared as a tea.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Valerian (<i>Valeriana officinalis</i>) (root) 450 mg	**
Proprietary Herbal Blend 100 mg	**
Hops (<i>Humulus lupulus</i>) (flower), Passion Flower (<i>Passiflora incarnata</i>) (aerial), Lemon Balm (<i>Melissa officinalis</i>) (leaf)	

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Soy, **No** Gluten, **No** Wheat, **No** Yeast, **No** Fish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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