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Valerian (*Valeriana officinalis* L.) root, valued medicinally since ancient Greek times, contains unstable esters called valepotriates, pungent essential oils (valerenic acid and isovaleric acid), sesquiterpenes and glycoside. This extract is standardized at 0.8% valerenic acid.

**Suggested Usage:** As a dietary supplement, adults take **1 capsule daily at bedtime or between meals, repeated as needed, or as advised by your healthcare professional.** If digestive irritation occurs, take with meals.

Stop use and consult your health care professional if allergic reactions occur. Caution: Large quantities (5 or more capsules daily) and prolonged use may lead to withdrawal symptoms. If pregnant or nursing, consult your health care professional before using.

**KEEP OUT OF REACH OF CHILDREN.**

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #77381



## Valerian Root Max-V

Standardized Herbal  
Extract Supplement  
0.8% valerenic acid



60 Vegetarian Capsules

### Supplement Facts

Serving Size 1 vegetarian capsule  
Servings Per Container 60

| Amount Per Serving                        | %DV |
|-------------------------------------------|-----|
| Valerian Herbal Extract ..... 200 mg      | *   |
| (root) ( <i>Valeriana officinalis</i> L.) |     |
| Standardized to provide                   |     |
| 1.6 mg valerenic acid                     |     |
| Valerian (root) ..... 100 mg              | *   |
| (non-standardized)                        |     |

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

Manufactured in the USA by:  
**Douglas Laboratories**  
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