

Valerian Root extract is known as *Valeriana officinalis*, a natural alternative promoting relaxation and a good night's rest. When combined with passion flower and magnesium, this herbal extract provides optimal calming support.<sup>†</sup>

The Ultimate Extract® process makes our Valerian Root easier to digest and more available than plain powder. Our product conforms to mode of administration as established by the German Commission E monograph and contains Valerian extract powder from the highest grade whole root.

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

<sup>†</sup> 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.

Ultimate Extract®  
**VALERIAN ROOT**  
**125 mg**  
with Passion Flower

Promotes Rest and Relaxation<sup>†</sup>

Dietary Supplement  
**100 VEGETARIAN TABLETS**



## Supplement Facts

Serving Size 1 Tablet      Servings Per Container 100

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
|--------------------|---------------|

|                                       |               |
|---------------------------------------|---------------|
| Magnesium<br>(as magnesium carbonate) | 18 mg      5% |
|---------------------------------------|---------------|

|                              |              |
|------------------------------|--------------|
| Passion Flower Extract (4:1) | 30 mg      * |
|------------------------------|--------------|

|                             |               |
|-----------------------------|---------------|
| Valerian Root Extract (4:1) | 125 mg      * |
|-----------------------------|---------------|

\* Daily Value not established.

Other Ingredients: Cellulose, calcium stearate (vegetable source), glycerin.

**SUGGESTED USE:** Take one tablet daily with 8 oz. warm water, one hour before bedtime.

**CONTAINS NO** artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Pregnant or lactating women should consult their health care professional before using this product.

**KEEP OUT OF REACH OF CHILDREN. VL 150-100J**

