

Valerian Nighttime™ is the researched blend of valerian & lemon balm extracts that promote restful sleep without the next day grogginess common with other sleep aids.*

ODOR-FREE: Our exclusive Dual Control™ coating protects active ingredients and locks out the pungent aroma of valerian.



STOMACH GENTLE: Lemon Balm in the formula helps soothe the stomach before bedtime.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing.

◆ LN6640.03 BLK8150



*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



VALERIAN

NIGHTTIME™



0.2% VALERENIC ACID • LEMON BALM

100 TABLETS • DIETARY SUPPLEMENT

Recommendation: Take 1-2 tablets one hour before bedtime. Up to 3 tablets may be taken.

Caution: Do not exceed recommended dose. If difficulty sleeping persists for more than 2 weeks, consult a healthcare professional. Insomnia may be symptom of a serious underlying medical condition. Consult a healthcare professional before use if you are pregnant, nursing or taking sedatives or tranquilizers. Avoid alcohol and do not drive or operate machinery while taking this product.

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 50

Amount Per Serving		% DV
Valerian Extract (root) providing 0.2% Valerenic Acid (0.64 mg)	320 mg	**
Lemon Balm Extract (leaf)	160 mg	**

**Daily Value (DV) not established.

Other ingredients: modified cellulose, modified cellulose gum, cellulose, polyvinyl alcohol, stearic acid, polyethylene glycol, titanium dioxide color, silica, magnesium silicate, riboflavin color, carmine color

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