

Suggested Usage: Take 2 capsules prior to bedtime as needed.

Valerian Root has been an herbal favorite in many cultures for centuries.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product may cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of valerian.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet.
Keep in Bottle.

CAPSULE SIZE

CODE 4770B V4



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Valerian Root

500 mg

Herbal Supplement

Traditional Herb

100 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules
Servings Per Container 50

	Amount Per Serving	% Daily Value
Total Carbohydrate	< 1 g	< 1%*
Valerian (<i>Valeriana officinalis</i>) (Root)	1 g (1,000 mg)	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredient: Cellulose (capsule).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

