

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*



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

WARNING: If you are pregnant, nursing or taking any medications, 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 in a cool, dry place. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **1328**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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VITAMIN WORLD
get healthy.

Valerian ROOT



1000 MG
equivalent per softgel**

*Supports
Relaxation**

CONCENTRATED EXTRACT
Herbal Supplement

90
*Rapid Release
Softgels*

DIRECTIONS: For adults, take one (1) or two (2) softgels daily, preferably 30 minutes before bedtime or rest.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Valerian Root	1,000 mg (1 g)	***
<i>(Valeriana officinalis)</i>		
<i>(from 250 mg of 4:1 Extract)**</i>		

***Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin, Yellow Beeswax, Natural Caramel Color, Titanium Dioxide Color.

With the stress of everyday living, is it any wonder you may be bothered by occasional sleeplessness? Valerian is designed to help.* 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 supports calm, tranquil rest.*

*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.