



Discover Nature's Answer

and trust
the Difference...™

The True Nature of Our Standards
go way beyond the herb...™

NATURE'S ANSWER

Since 1972

ADVANCED BOTANICAL FINGERPRINT TECHNOLOGY™

Valerian Root

Valeriana officinalis

1,500 mg

Discover Nature's Answer™

Dietary Supplement

180 Vegetarian Capsules

Gluten-Free
Vegetarian/Vegan

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 60

Amount Per Serving

Valerian (<i>Valeriana officinalis</i>) (root)	1,500 mg (1.5 g) †
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† Daily Value not established.

Other Ingredients: Vegetable Cellulose (capsule), Rice Flour, Calcium Silicate.

Suggested Use: As a dietary supplement, take three (3) capsules once a day with food or water, preferably 30 minutes before bedtime.

WARNING: KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal is damaged or missing. If you are pregnant, nursing or taking any medications, planning any medical procedure or have a medical condition, consult with your healthcare practitioner before use.

For product information, call (800) 439-2324.

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Store in a cool, dry place.



GLUTEN
FREE