



Discover Nature's Answer

and trust
the Difference...™

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



Store in a cool, dry place.



NATURE'S ANSWER

Since 1972

ADVANCED BOTANICAL FINGERPRINT TECHNOLOGY™

Valerian Root

Valeriana officinalis

500mg



Discover Nature's Answer™

Dietary Supplement

90 Vegetarian Capsules

Gluten-Free
Vegetarian/Vegan

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Valerian Extract (<i>Valeriana officinalis</i>) (Root) (standardized for 0.2% valerenic acid)	500 mg	†
† Daily Value not established		

Other Ingredients: Vegetable Cellulose, Rice Flour, Calcium Silicate.

Suggested Use: As a dietary supplement, take one (1) capsule once (1) per day, preferably 30 minutes before bed time, with water.

WARNING: Keep Out of Reach of Children.

Do not use if safety seal is damaged or missing. Do not use if you are pregnant or nursing. If you are 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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