

Supports Restful Sleep*

Our Standardized Valerian Extract is carefully tested and produced to superior quality standards.

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

GLUTEN FREE. No sugar, salt, yeast, wheat, corn, soy, dairy products, artificial colors, flavors or preservatives.

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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE /
naturesway.com



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

PREMIUM *Nature's Way* **EXTRACT**

Standardized Valerian



90 Veg. Capsules / 0.8% Valerenic Acids

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules one hour before bedtime. For daytime use: Take 1 capsule with water at mealtime.

Caution: Consult a healthcare professional before use if you are pregnant, nursing or taking sedatives, tranquilizers or any medications. Avoid alcohol and do not drive or operate machinery while taking this product.

Supplement Facts

Serving Size 2 Capsules / Serving per Container 45

Amount Per Serving	% DV	
Total Carbohydrate	<1 g	<1%†
Valerian (root)	800 mg	**
Valerian Extract (root), 0.8% valerenic acids (1.76 mg)	220 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), silica