



valerian

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



valériane

Dosage Journalier Recommandé: Prendre 2 capsules une heure avant le coucher. Pour une utilisation pendant la journée : Prendre 1 capsule avec de l'eau pendant un repas.



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Consumo Quotidiano Raccomandato: Prendere 2 capsule un'ora prima di coricarsi. Per l'uso diurno: prendere 1 capsula con dell'acqua durante un pasto.



baldrian

Vorgeschlagene tägliche Einnahme: Nehmen Sie 2 Kapseln eine Stunde vor dem Schlafengehen ein. Anwendung am Tag: Nehmen Sie 1 Kapsel mit Wasser oder einer Mahlzeit ein.



valeriana

Dosis diaria recomendada: Tome 2 cápsulas antes de acostarse. Para su uso durante el día : Tome 1 cápsula con agua a la hora de comer.



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Dose Diária Recomendada: Tome duas cápsulas antes de dormir. Para o uso durante o dia: Tome uma cápsula no horário de almoço.

BIOVEA®

valerian

guaranteed premium quality

500mg
dietary
supplement

120
vegetarian
capsules



Supplement Facts

Serving Size: Two (2) Vegetarian Capsules

Servings Per Container: 60

	Amount Per Serving	% DV
Valerian Root (<i>Valeriana officinalis</i>)	800mg	*
Valerian Root Extract (<i>Valeriana officinalis</i>) (0.8% valerenic acid)	200mg	*

*Daily Value (DV) not established.

Other Ingredients: HPMC (vegetable capsule), rice flour, magnesium stearate.

Warning: If you are pregnant or lactating, consult a health care professional before using this product. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.