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General Nutrition  
Corporation  
Pittsburgh, PA 15222

# VALERIAN ROOT

HERBAL SUPPLEMENT



Promotes Restful Sleep\*  
**Standardized Extract • 500 mg**

50  Vegetarian CAPSULES

CODE 195311

EKG

Directions: As a dietary supplement, take one to two capsules before bedtime.

## Supplement Facts

Serving Size One Capsule

### Amount Per Serving

Valerian Root Extract ( <i>Valerian officinalis</i> )	500 mg*
(0.8% Valerenic Acids = 4mg)	

\* Daily Value not established.

**Other Ingredients:** Vegetable Cellulose Capsule.

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

No Sugar, No Artificial Colors, No Artificial Flavors, Sodium Free, No Wheat, No Gluten, No Soy, No Dairy, Yeast Free.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.

Lot No./Best By:

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