

PLANETARYTM
HERBALS

VALERIAN EASY SLEEPTM

SUPPORTS A RESTFUL NIGHT*

900 MG • 60 TABLETS

HERBAL SUPPLEMENT
Formulated by
Michael Tierra L.Ac, O.M.D

Michael Tierra

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

	Amount Per Serving	%DV
Calories	5	
Dietary Fiber	1 g	4%*
Calcium	35 mg	4%
Sodium	5 mg	<1%
Valerian Root	264 mg	†
Valerian Root Extract	52 mg	†
Proprietary Blend:	1.48 g	†
Jujube Seed, Passionflower Aerial Parts, Hops Strobile, Wood Betony Aerial Parts, Chamomile Flower, Calcium Citrate**, Magnesium Chelate**, Dong Quai Root, Poria Sclerotium, Licorice Root, Amber Resin, American Ginseng Root, Ginger Root, and Taurine.		

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

**Contains 5% or less of the U.S. RDA for calcium & magnesium.

†Daily Value not established.

Other ingredients: microcrystalline cellulose, acacia gum, stearic acid, silica, modified cellulose gum, and magnesium stearate.

Planetary Herbals VALERIAN EASY SLEEPTM is a unique combination of botanicals used for centuries to help support a restful night. It unites valerian, used since the 9th century for its calming properties, with equally legendary calmatives hops and chamomile, as well as other selected European and Chinese botanicals.*

Suggested Use: 2 tablets 30 minutes before bedtime.

WARNING: Do not use if you are pregnant, may become pregnant, or breastfeeding.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

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

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Manufactured for:
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