Suggested Use: Take one (1) softgel 30 minutes before sleep. May be increased to two (2) softgels if needed or as directed by your healthcare professional.

Indicación: Tomar una (1) cápsulas suave 30 minutos antes de dormir. Puede incrementarse a dos (2) cápsulas suave si es necesario o como lo indica su profesional de la salud.

Description: Only Natural's Valerian Root Extract is an herbal supplement that has been traditionally used as a natural sleep aid.* Valerian Root Extract may promote a restful night's sleep.*

Nutrition Questions or Comments?
Call Only Natural Inc. at 516-897-7001
Mon. – Fri. 9 AM - 5 PM EST
For healthy tips and product information visit us at:
www.onlynaturalinc.com

* 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.

ONLY NATURAL
Est.1986

Valerian Root Extract

1,000 mg

Dietary Supplement • 60 Softgels

Supplement Facts

Serving size: one (1) softgel

Each serving supplies	% U.S. RDA
Valerian Root (from 250 mg 4:1 extract)	1,000 mg **

**Daily value not established
% Daily value based on 2,000 calorie diet

Additional Ingredients: Gelatin (Bovine), Glycerin, Water, Soy Lecithin

GUARANTEED FREE OF: yeast, corn, wheat, gluten, milk, sugar, starch, preservatives, artificial flavor & color

STORE IN A COOL, DRY PLACE
KEEP OUT OF REACH OF CHILDREN
TAMPER RESISTANT - DO NOT USE IF SEAL IS DAMAGED OR MISSING

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Only Natural, Inc.
Island Park, NY 11558 U.S.A.

Made in USA

Exp. date / Lot #