

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. *Your health & safety are our first priority!*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

\*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.

TO REORDER PROD. # **3390**  
[www.vitaminworld.com](http://www.vitaminworld.com)  
**1-800-228-4533**

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Vitamin World, Inc.  
Ronkonkoma, NY 11779 U.S.A.  
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**VITAMIN WORLD®**  
*get healthy.*

# Valerian ROOT



**450 MG**

*Supports  
Relaxation\**

**NATURAL WHOLE HERB®**  
*Herbal Supplement*

**100**  
*Rapid Release  
Capsules*

**DIRECTIONS:** For adults, take one (1) to three (3) capsules 30 minutes before bedtime or rest. Capsules may be opened and prepared as a tea.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Valerian ( <i>Valeriana officinalis</i> ) (root)	450 mg **

**\*\*Daily Value not established.**

Other Ingredient: Gelatin.

**Vitamin World's Guarantee:** We use only the finest quality herbs and spices. Each is screened and finely milled for quick release.

Vitamin World's preservative-free gelatin capsules contain pure milled herb powder.

**◊**Vitamin World's Natural Whole Herb products utilize ground plant parts to provide the natural components in the amounts found in nature.

Valerian works in harmony with your natural cycle to help promote relaxation, so you can leave your busy day behind and get the tranquil rest you deserve.\* Inspired by Mother Nature, Valerian is perfect for most people seeking to support their quality of rest.\*