

- No Preservatives
- No Artificial Colors
- No Artificial Flavors

meijer
Naturals™



125 mg
Valerian Root

4:1 Extract

Dietary
Supplement

100 CAPSULES

HERBALS

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

Valerian root extract 4:1 ** (<i>Valeriana officinalis</i>)	125 mg*
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*Daily Value Not Established

Other Ingredients: Gelatin (capsules), (May contain one or more of the following: rice powder, vegetable stearin, magnesium stearate and silica).

** (Equivalent to 500 mg of Valerian root powder)

Valerian is a perennial herb that is harvested in its natural environment in India and Western Asia. The pungent root has been used since ancient times.

Contains No Added sugar, salt, dairy, yeast, wheat, corn, or soy.

Helps ensure a deep and healthy night's rest.†

Suggested Use: As a dietary supplement, adults take one (1) capsule, two (2) to six (6) times daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

Keep out of 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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Actual Capsule
Size