

DIETARY SUPPLEMENT

Suggested Usage: 1 capsule, 1-2 times per day or as directed by a health professional. Keep out of reach of children.

Natural Factors Valerian root is the natural way to unwind, relax and get a good night's sleep. It contains concentrated, standardized Valerian extract, scientifically studied for its unique relaxing and sleep promoting properties. Remember, a balanced diet and exercise can enhance the benefits of this calming and sleep promoting herb.*

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives, color, or sweeteners; no dairy, soy, starch, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness store in a cool, dry place.

*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.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS,
1111-80th St. SW, Ste. 100
Everett WA, USA 98203



Recyclable container.

Purity & Potency
Guaranteed



**natural
Factors**

Valerian Root

EXTRACT

90 CAPSULES

300 mg

PROMOTES SLEEP
AND RELAXATION*

Supplement Facts

Serving Size 1 Capsule

Amount per capsule	
Valerian root (<i>Valeriana officinalis</i>), powdered extract	300 mg**
Valerenic acid (0.8%)	2.4 mg**

** Daily Value not established.

Other ingredients: Rice powder, gelatin capsule (gelatin, purified water), silica.



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