

Contains No sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.

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.
NATURAL COLOR VARIATIONS MAY OCCUR IN THIS PRODUCT.

Valerian Root Extract 4:1

125 mg

Dietary Supplement
100 Capsules

SUPPLEMENT FACTS

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Valerian root extract 4:1** (<i>Valeriana officinalis</i>)	125 mg	*

*Daily Value not established

Other Ingredients: Capsules (gelatin, water), rice flour, silica and magnesium stearate.

** (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.