

Supplement Facts

Serving Size: 1 Veg Capsule

Servings per Container: 60

	Amount per serving	% Daily Value
Valerian (root)	575 mg.	†

* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Plant Cellulose (Capsule)

Suggested Use: As an addition to the diet, take 1 or 2 capsules, three times daily with water at mealtime.

Keep in a cool dry place with cap tightly closed.

WARNING: Excessive consumption may impair ability to drive a motor vehicle or operate heavy equipment.

NOTE: Herbalists do not recommend using Valerian together with prescription sedatives or antidepressants.

Double Safety Sealed: Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

Whether it's this fast paced, hectic lifestyle or an emotionally stressful situation, **Valerian Root** is a safe alternative for soothing stress and tension. It promotes relaxation and supports restful sleep, without addictive side effects or morning after grogginess.*

Common uses include:

- Eases stress, tension and nervous irritability; and promotes relaxation*
- Relieves occasional sleeplessness*
- Soothes menstrual cramps*
- Soothes minor musculo-skeletal discomforts; and relaxes muscles*

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

*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.

