

Discover Nature's Answer

and trust
the Difference...™

The True Nature of Our Standards
go way beyond the herb...™



NATURE'S ANSWER

Since 1972

ADVANCED BOTANICAL FINGERPRINT TECHNOLOGY™

Valerian

Valeriana officinalis

1,500 mg

Discover Nature's Answer™

Dietary Supplement 90 Vegetarian Capsules

Gluten-Free
Vegetarian/Vegan

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 30

Amount Per Serving

Valerian (<i>Valeriana officinalis</i>) (root)	1,500 mg (1.5g) †
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† Daily Value not established.

Other Ingredients: Vegetable Cellulose (capsule), Rice Flour, Calcium Silicate.

Suggested Use: As a dietary supplement, take three (3) capsules once a day with food or water, preferably 30 minutes before bedtime.

WARNING: Keep Out of Reach of Children. Do not use if safety seal is damaged or missing. If you are pregnant, nursing, taking any medications, planning any medical procedure or have a medical condition, consult with your healthcare practitioner before use.

For product information call, (800) 439-2324.

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Hauppauge, NY 11788-3943 www.naturesanswer.com



Store in a cool, dry place.



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