

**Health through the power of nature,
that's what it means to Trust the Leaf.®**

Valerian (*Valeriana officinalis*) is guaranteed to contain **0.1% valerenic acid** to promote relaxation and restful sleep.* Our Valerian is carefully tested and produced to superior quality standards.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, corn, wheat, soy, dairy products, artificial colors, flavors or preservatives.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com



*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

PREMIUM

Nature's
Way

HERBAL

Valerian

Root



180 Vegetarian Capsules / 530 mg

DIETARY SUPPLEMENT

Recommendation: Take 3 capsules 1 hour before bedtime.

Caution: Do not exceed recommended dose. If difficulty sleeping persists for more than 2 weeks, consult a health-care professional. Insomnia may be a symptom of a serious underlying medical condition. Consult a healthcare professional before use if you are pregnant, nursing, taking sedatives or tranquilizers. Avoid alcohol and do not drive or operate machinery while taking this product.

Supplement Facts

Serving Size 3 Capsules / Servings per Container 60

Amount Per Serving		% DV
Calories	5	
Total Carbohydrate	1 g	<1%†
Dietary Fiber	<1 g	<1%†
Sodium	5 mg	<1%†
Valerian (root)	1.59 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: plant-derived capsule (modified cellulose), cellulose, magnesium stearate

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