

Valerian root is a perennial plant belonging to the *Valerianaceae* family. A perennial plant native to Europe and parts of Asia. Historically, valerian has been used as a medicinal herb since the time of ancient Greece and Rome. When used as a dietary supplement, valerian is known to support relaxation and restful sleep.† **Nature's Lab Valerian Root** contains 500 mg of valerian root extract and powder per serving.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Warnings: Pregnant or lactating women and people with known medical conditions and/or taking drugs should consult with a qualified healthcare practitioner prior to taking dietary supplements.

Item # 17347



Manufactured for Nature's Lab
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VEGETARIAN
CAPSULES



Nature's Lab™

VALERIAN ROOT

500 MG PER SERVING

HELPS SUPPORT RELAXATION & RESTFUL SLEEP†



200 EASY-TO-SWALLOW VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Suggested Use: As a dietary supplement, take 2 capsules before bedtime, or as directed by a qualified healthcare practitioner.

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 100

	Amount Per Serving	%DV
Organic Valerian Root Extract 4:1 (<i>Valeriana officinalis</i>)	400 mg	*
Organic Valerian Root Powder (<i>Valeriana officinalis</i>)	100 mg	*

*Daily Value (% DV) not established

Other Ingredients: Hypromellose (capsule) and organic rice hull concentrate.

Free of: Sugar, Salt, Dairy, Eggs, Peanuts, Tree Nuts, Fish, Shellfish, Yeast, Wheat, Gluten, Soy, Corn, Preservatives, Titanium Dioxide, Artificial Colors and Flavors.

Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.

Manufactured in a facility that also processes soy, milk, fish and shellfish.

NON GMO, GLUTEN FREE

Rev. 001