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PHARMACIST RECOMMENDED

VITAMIN &
SUPPLEMENT
BRAND™

NEW

Nature Made®

Valerian Root

CLINICALLY
STUDIED
INGREDIENT

100% Drug Free

Melatonin Free
Formula

30 CAPSULES

Triple Action
for Sleep Support†

Fall asleep faster*†
Stay asleep longer†
Supports restful sleep†

Dietary Supplement

†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.

SUGGESTED USE: Adults, take 1 capsule daily with water one hour before bedtime.

Keep out of reach of children. Store tightly closed, in a cool, dry place.

Do not use if seal under cap is broken or missing.

WARNING: Consult your physician prior to use if you are pregnant, attempting to become pregnant, nursing, taking any medications, or have any chronic medical conditions. Avoid use of alcohol, sedatives, and tranquilizers while taking this product. Do not drive or operate machinery within eight hours of taking this product or if you feel groggy. For intermittent or occasional use only; consult your physician if you continue to experience sleep difficulties. Use as directed for occasional sleeplessness and do not exceed the suggested dose. Not intended for individuals under the age of 18 years. Valerian should not be a substitute for a good bedtime routine.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ No Preservatives
- ✓ Gluten Free
- ✓ Plant Based Ingredient

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
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Valerian (<i>Valeriana officinalis</i>) Root extract	200 mg *
(Standardized to 2% Valerenic acid, 4 mg)	

*Daily Value not established.

OTHER INGREDIENTS:

Hypromellose,
Cellulose Gel,
Stearic Acid,
Silicon Dioxide.

DISTRIBUTED BY: Nature Made Nutritional Products
West Hills, CA 91309-9903, USA 1-800-276-2878 • www.NatureMade.com

Encapsulated and quality tested in the USA.

Made to our guaranteed purity and potency standards

*Based on a survey of pharmacists who recommend branded vitamins and supplements.

Lot:
Exp.:



♦ Fall asleep faster in as little as 3 days†