

**swanson.com**  
or call 1-800-437-4148

- Promotes a feeling of calmness and relaxation
- Supports restful, restorative sleep
- May help promote relaxation and ease nervous tension

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one to two capsules with water one hour prior to bedtime.

**WARNING:** For adults only. May cause drowsiness. Do not use while driving or operating heavy equipment. Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking prescription medication, especially sedatives or tranquilizers, or if you have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



# Valerian Root

Brain Health

475 mg per capsule

HERBAL SUPPLEMENT | 100 CAPSULES

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

### Amount Per Serving

Valerian Root	950 mg*
(Valeriana officinalis)	

\*Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber).

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