

**SUGGESTED USE** Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**

**CAUTION** This product has a mild, relaxing effect. It should not be consumed before driving or operating machinery. Not for use if you are pregnant or nursing.

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607669-04M

# VALERIAN 250™

250 MG STANDARDIZED VALERIAN ROOT  
NATURAL RELAXATION SUPPORT



DIETARY SUPPLEMENT



240 Easy-to-Swallow Capsules

**Andrew Lessman's VALERIAN 250** delivers 250 mg of our highly standardized extract of Valerian Root for natural relaxation and restful sleep. For almost 2,000 years, Valerian has been used to gently soothe and calm the nervous system, while also promoting relaxation and sleep. Scientific studies have confirmed Valerian's relaxing properties and the respected German Commission E (considered to be the authority on botanicals) has approved the use of Valerian Root for its natural soothing, relaxing properties. This traditional and natural remedy of the ancient Romans and Greeks has now become a popular tool to help us cope with the stress of our modern world. Valerian Root Extract can naturally help us manage occasional stress and tension, while also promoting a restful night's sleep. In order to be certain of Valerian's benefits, we only employ a standardized extract of Valerian Root ensuring the proper levels of Valerenic Acids (Valerian's active component). Stress and tension can undermine our happiness and in a world that seems to be getting more stressful everyday, our **Valerian 250** offers a safe, natural means of relaxation while also promoting the benefits of restful sleep.

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.

**CONTAINS NO ADDITIVES OR  
COMMON ALLERGENS OF ANY KIND.**

## Supplement Facts

Serving Size 1 Capsule Servings Per Container 240

### Amount Per Serving

Valerian	250 mg	†
(Valerian officinalis), extract (root)		
standardized to 0.8% valerenic acids		

†Daily Value not established.

Other Ingredients: Gelatin capsule.