

**SUGGESTED USE** Consume one capsule daily. You can increase your intake based upon your needs and as guided by your health care provider. **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.



ANDREW LESSMAN



# VALERIAN 250™

Natural Relaxation Support



**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. To ensure Valerian's optimal benefits, we utilize 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 every day, 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**

## Supplement Facts

Serving Size 1 Capsule Servings Per Container 240

Amount Per Serving

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

† Daily Value not established.

Other Ingredients: Gelatin capsule.

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.

FOR OVER 40 YEARS  
Unsurpassed Purity,  
Quality and Efficacy

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Dietary Supplement | **240** Easy-to-Swallow Capsules