

1 Best Herbs®

3 Supports the Nervous System*

2 Standardized
Valerian
Extract



Standardized to 0.8% Valerenic Acids

4 * This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

5 60 Tablets 500mg

6 Directions For Use: Take 1–2 capsules prior to bedtime.
Caution: Do not drive or operate heavy machinery while taking this product

7 Supplement Facts

Serving Size: 1 capsule • Servings Per Container: 60

	8 Amount Per Serving	9 %DV
Calories	5	
Total Carbohydrate	<1g	<1%†
Dietary Fiber	<1 g	2%†
Valerian Root Extract 10	100mg	*
(Standardized to 0.8% Valerenic acids) 11		
Valerian Root Powder 10	400mg	*

* Daily Value not established.

† Percent Daily Value based on 2,000 calorie diet.

12 Other Ingredients: Gelatin, Magnesium Stearate

Store in a cool, dry place

Keep out of reach of children **14**

Distributed by: XYZ Company, Austin, TX 00001 **16**

15 Use Before: JAN 2005