

Valerian Root

Item #451 (Rev. 1)

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	Daily Value	
Magnesium (as Magnesium Oxide)	115 mg	27%
Valerian Root Extract	175 mg	†
Valerenic Acids	1.4 mg	

† Daily Value Not Established

Other Ingredients: Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.