

Valerian 500 mg Capsules

Food supplement

with natural root extract of valerian (*Valeriana officinalis*), standardized to an extraction ratio of 10:1 (HPTLC tested).

| Nutritional facts | per 1 capsule* |
|------------------------------|----------------|
| Valerian root extract (10:1) | 500 mg |

* Recommended daily intake



Ingredients:

Valerian root extract, hydroxypropyl methyl cellulose (capsule).

Notice:

The recommended daily intake indicated should not be exceeded. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle. Keep out of the reach of children.

Important note:

Not suitable for pregnant women, breastfeeding women and children under the age of 12.

Store:

Store well closed in a cool, dry place.

Directions for use:

Take 1 capsule daily unchewed with plenty of water.

| Packaging size | PZN | Product number | Net quantity |
|----------------|----------|----------------|--------------|
| 90 capsules | 18181189 | 10395 | e 53 g |