How to Print

Trust The Leaf™

Valerian Nighttime™

Latin Name
Valeriana officinalis

Description
Valerian Nighttime is the world's most extensively researched valerian extract. Standardized to .2% valerenic acid and blended with lemon balm, its effectiveness has been proven without producing the side effects common with synthetic alternatives.

Usage
Valerian Nighttime promotes restful sleep by working naturally with your body at night. It produces a relaxing effect, leaving you feeling fresh in the morning. *

Recommended Daily Dosage
Take 2-3 Valerian Nighttime tablets one hour before bedtime



© 2003 Nature's Way
Click here for Usage Rights.

The following list is for serving size of 1 tablet

Primary Ingredients	***Amount***	***USRDA***
Lemon Balm, driet extract	80 mg	0%
Valerian Nighttime, dried valerian extract	160 mg	0%

Sizes & Suggested Retail Price
100 tablets - $17.85
50 tablets - $10.49

Where to BUY?

Synergistic Products
Chamomile
Hops
Melatonin
Silent Night Formula

Quality Issues
Valerian Nighttime has a special coating that ensures each tablet is 100% odor free and easy to swallow.

Additional Information
Valerian Nighttime is a product of the Dr. Wilmar Schwabe Company of Germany, a world leader in natural healthcare products since 1866.

Usage Warnings
Do not drive or operate heavy equipment while taking this product.

There is some controversy regarding whether it is safe for pregnant or lactating women. European Pharmacopoeias list no contraindication to use of Valerian root during pregnancy or lactation. However, as a general rule, caution and moderation are advise

Persons taking sedatives or antidepressants should consult their physician before taking Valerian.

Should not be used by children under 12 years of age.

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.