

INGREDIENTS

Valerian (*Valeriana officinalis*) (root)
Capsule shell (HPMC)
Other Ingredients:
Microcrystalline Cellulose,
Magnesium Stearate,
Silicon Dioxide.

SUITABLE FOR VEGETARIANS
STORE IN A COOL DRY PLACE
KEEP OUT OF REACH OF
CHILDREN

Manufactured to the GMP code of
practice BS: EN 9001:2000 Quality
Assured Certification
Made in the UK.



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NATURESBOND 

Valerian Root

90 CAPSULES
500 mg

FOOD SUPPLEMENT



DIRECTIONS

Take one or two capsules before
bedtime or may be taken as a tea by
opening capsule/s into a cup, then
adding water.

CAUTION

Pregnant or lactating women should
consult a doctor before using any
product. If you are under medical
supervision, please consult a doctor
before use. Discontinue use and consult
a doctor if adverse reactions occur.
Not intended for use by persons under
the age of eighteen. May cause
drowsiness which can persist to the
following day. If affected, do not
drive or operate machinery

www.naturesbond.co.uk
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