

## Valerian Easy Sleep™

**900 mg, 120 tablets**

Item Catalog Number: 13096

Planetary Formulas Valerian Easy Sleep™ is a unique combination of botanicals used for centuries to help support a restful night. It unites valerian, used since the 9th century for its calming properties, with equally legendary calmatives hops and chamomile, as well as other selected European and Chinese botanicals.

**Lifestyle Recommendations:** To support a normal night's sleep, avoid excessive stress, exercise regularly and do not eat late at night.

## Supplement Facts

Serving Size 2 tablets

Servings Per Container 60

## Amount Per Serving

Sodium	5 mg
Calcium	34 mg
Valerian Root	265 mg
Valerian Root Extract	53 mg
<b>Proprietary Blend:</b>	1.48 g

Jujube Seed, Skullcap Aerial Parts, Passionflower Leaf and Flower, Hops Strobile, Wood Betony Aerial Parts, Chamomile Flower, Calcium Citrate†, Magnesium Taurinate†, Dong Quai Root, *Poria Sclerotium*, Licorice Root, Amber Resin, American Ginseng Root, and Ginger Root.

Other ingredients: acacia gum, stearic acid, colloidal silicone dioxide, modified cellulose gum, and magnesium stearate.

† Contains less than 2% of the U.S. RDA for calcium & magnesium.

## Dosage and Use

- Two tablets 30 minutes before bedtime, or as recommended by your health care professional.

## Caution

Not for use during pregnancy or breastfeeding.

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