

# SUPPLEMENT FACTS

## Val-Rest™

ITEM #: 0150-0100-01

DIRECTIONS: Take one tablet daily with 8 oz. warm water, one hour before bedtime or as directed by your doctor.

### Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value	
Magnesium (as magnesium carbonate)	18 mg	5%
Passion Flower Extract (4:1)	30 mg	*
Valerian Root Extract (4:1)	125 mg	*

\* Daily Value not established.

Other Ingredients: Calcium phosphate, calcium stearate (vegetable source), cellulose, maltodextrin, riboflavin coating.

Pregnant or lactating women should consult their health care professional before using this product.

**KEEP OUT OF THE REACH OF CHILDREN**

150F

Valerian (*valeriana officinalis*) extract is a natural alternative promoting rest and relaxing sleep. In combination with passion flower (*Passiflora*) extract with buffering magnesium Val-Rest™ calms sensitive nerves, relaxes and is useful with anticonvulsive therapy. Non-habit forming Val-Rest™ is a natural, anxiolytic alternative for healthy rest. We use our Advanced Herbal Delivery System® to make our potent extracts quickly digestible and easier on the stomach so the active valerenic acids are quickly available to the nervous system. Our product conforms to mode of administration as established by the German Commission E monograph and contains valerian root and passion flower extracts of the highest grades.

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.

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

**AVAILABLE ONLY FROM HEALTH CARE PROFESSIONALS**



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