



The Natural Advantage

One-A-Day Valerian 2000mg Capsules

THOMPSON'S | 496



- Gentle Herbal nerve tonic and relaxant
- One-A-Day therapeutic dose

BENEFITS

- Helps to support calmness and relaxation
- Helps to assist in the relief of nervous tension, nervous unrest and irritability
- Beneficial during times of stress and worry
- Supports healthy muscle function
- Helps to support restful sleep

SUITABLE FOR

- Individuals who suffer from or prone to symptoms of stress or worry
- Those who suffer from or prone to nervous tension or irritability
- Those who suffer from disturbed sleep patterns, or poor quality sleep
- Individuals who suffer from or prone to muscular tension

DIRECTIONS FOR USE

Adults – Take one capsule daily (with food). This can be increased to two capsules daily or as professionally advised

CAUTIONS AND INTERACTIONS

- Use only as directed and always read the label
- If symptoms persist, consult your healthcare professional

NO ADDED

Dairy, egg, gluten, lactose, nuts, shellfish, soy, sugar, fish, sesame seed, artificial colouring, flavouring and preservatives.
Vegetarian and vegan friendly.

PACK SIZES

- 496 - 60 Capsules

ACTIVE INGREDIENTS

Valeriana officinalis (valerian) extract equivalent to dry root	2 g
Standardised to contain valerenic acid	1.5 mg

Store below 30°C in a dry place. Keep out of reach of children. Do not use if bottle and/or cap seal is missing or broken.