



ARTWORK CONTROL DOCUMENT

FINISHED PRODUCT NAME: VALERIAN ROOT 120s

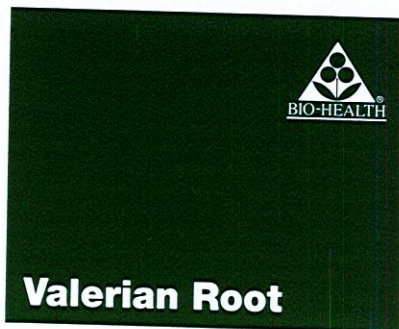
FINISHED PRODUCT CODE: HB64CV

STOCK CODE: LAB64BV

ID REFERENCE: HB64CV.01



Expiry Date:
Lot No:



**Valerian Root 400mg
120 Capsules**



Valerian Root Capsules
120 Capsules
HB64CV.01

Vegetarian & Vegan

Pure powdered Valerian Root, containing the sesquiterpene valerinic acid and others, may help promote restful sleep through a balanced mind and mood.

Do not purchase if seal is broken.

Store below 25C, out of sunlight.

Keep out of reach and sight of children.

This food supplement is not a substitute for a varied diet.

RECOMMENDED INTAKE:
1 capsule, 30 minutes before bedtime, swallowed with water. An additional capsule may be taken earlier in the evening, if required. Do not exceed the recommended daily dose.

Do not use if you are under 18 years.

Do not use if you are pregnant or breastfeeding.

Bio-Health Pure-fil capsules are totally free from all additives, sugar, lactose, gluten and yeast.

INGREDIENTS PER CAPSULE:
Valerian Root 400mg (*valeriana officinalis L.*), hypromellose capsule shell.

Manufactured in the UK by:
Bio-Health Ltd., The Herb Place,
Culpeper Close, Medway City
Estate Rochester, Kent
ME2 4HU.

Bio-H Europe Ltd., 28
Burlington Road, Dublin 4,
DO4 HR90, Ireland.

www.bio-health.co.uk

Authorised for Use:

Date:

Signed by:

Andrew Makin

RP

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Written By: Y. Sloan

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Supersedes Issue:

None

Reason For Issue:

New Document