



Valerian-Melissa Nerve Capsules

Nutritional supplement with valerian, melissa and B-vitamins

Useful information:

The genuine valerian (*Valeriana officinalis*) is native European plant that has been highly valued for centuries. The typical intensive scent is mainly due to the essential oils contained in the roots. The traditional, well-known calming effect of valerian is attributed to the natural interplay of all contents. Melissa (*Melissa officinalis*), whose fresh leaves release a lemony scent, is also long known to have a beneficial affect on the nerves and mood. A special combination of B vitamins contributes towards the healthy function of the nervous system and mind.

Ingredients:

Valerian Root Powder (41 %), Melissa Leaf Powder (41 %), Gelatine, Magnesium Stearate (separating agent), Vitamin B6 Hydrochloride, Vitamin B2, Vitamin B12.

	per capsule	per daily dose (= 4 capsules)	% of NRV recommended daily dose*
Valerian root powder	225 mg	900 mg	**
Melissa leaf powder	225 mg	900 mg	**
Vitamin B6	0.7 mg	2.8 mg	200
Vitamin B2	0.7 mg	2.8 mg	200
Vitamin B12	1.25 µg	5.0 µg	200

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** no reference value available yet

Recommended use:

Swallow 2 capsules 2 x daily with sufficient liquid.

Store protected from light, dry and below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 240 capsules = 131 g

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