



NATURE'S SUNSHINE

Valerian Root Extract (Time Release)

GOOD FOR

Nervous System

Brain

SIZE **60 tablets**

ITEM # **721**

SERVING **1-2**

SUPPLY **30-60 days**

DIRECTIONS FOR USE Take 1-2 tablets one hour before bedtime for continual, time-release benefits during the night.

— How the Key Ingredients Work

This time-release formula delivers valerian root extract gradually so your body gets steady, lasting support for relaxation and sleep — not just a quick burst that fades. Paired with complementary nutrients, it works with your body's natural rhythms to help you unwind, settle down, and wake up feeling refreshed.

Valerian Root Extract — The star of this formula, valerian root has been used for centuries — all the way back to ancient Greece — to ease nervousness and support restful sleep. Research shows it helps calm the mind and body, making it easier to fall asleep and stay asleep. The time-release delivery keeps it working steadily through the night.

Valerian Root Extract (Calm & Relaxation) — Valerian is well known in European herbal tradition for soothing restlessness and everyday tension. Multiple studies support its ability to improve sleep quality, and it has long been a go-to herb for people who feel wound up at bedtime. It helps take the edge off so your body can shift into a truly relaxed state.

Valerian Root Extract (Anxiety Support) — Valerian has a long history as a calming herb, and some clinical trials show it can help ease feelings of anxiousness and worry. While results vary from person to person, many people find it a gentle, natural way to take the edge off stress without feeling groggy or foggy the next morning.

Valerian Root Extract (Children's Sleep) — In a large observational study of nearly 1,000 children under age 12, valerian root — especially when combined with lemon balm — helped improve sleep disturbances in over 80% of participants, with excellent tolerability over four weeks and no medication-related concerns reported. A reassuring option for restless little ones.

Valerian Root Extract (Attention & Focus) — A 2022 review of clinical trials in children and adolescents found fair evidence that valerian may support focus and attention alongside its calming effects. A notable open-label study in over 160 primary-school children also pointed to benefits for restlessness and concentration, suggesting valerian supports more than just nighttime wellness.

Calcium — Calcium is the most abundant mineral in the body and plays a foundational role in keeping bones and teeth strong. It also supports healthy nerve signaling and muscle function — including the muscles that need to relax at night. Getting enough calcium daily is one of the most important things you can do for long-term bone health.

Calcium (Bone Density) — Research consistently shows that calcium supplementation supports bone mineral density, especially when combined with vitamin D. It is particularly important for people under 35 who are still building peak bone mass, as well as older adults looking to maintain the strong, dense bones they already have. A true cornerstone mineral for lifelong skeletal health.

Calcium (Children's Bone & Teeth Health) — Calcium is the primary mineral in both bone and teeth, making up over 99% of the body's total calcium stores. During childhood and the teenage years, getting enough calcium is especially critical — the NIH recommends 1,300 mg per day for adolescents — because the bone mass built early in life sets the foundation for decades to come.

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