

VALERIAN

Valerian (*Valeriana officinalis*) is a flowering plant native to Europe and Asia. The plant has fern-like, compound leaves arranged in pairs along the stem. The flowers are small and fragrant, blooming in white, pink, or purple shades. The root of the Valerian plant is used for its medicinal benefits and is prepared as an herbal remedy in teas, tinctures, capsules, and extracts.

Valerian has been used medicinally since the times of the ancient Greeks and Romans. It became more widely used in Europe during the 17th century for insomnia and nervous anxiety. It was also used for trembling, nervousness, heart palpitations, and headaches.

Major constituents of Valerian include valerenic acid, iridoids, lignans, sesquiterpenes, flavonoids, and chlorogenic acid. Valerian is thought to work by increasing gamma-aminobutyric acid (GABA)

levels. This neurotransmitter helps regulate nerve impulses in the brain and nervous system, resulting in a calming effect.

Valerian has been shown in scientific studies to:

- Relieve occasional, mild sleeplessness
- Ease the effects of stress on the nervous system



SUPPLEMENT FACTS

Serving Size: 2.5mL

Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	10	
Valerian (<i>Valeriana officinalis</i>)	2.5mL	**
1:2 Extract from		
1.25 g Organic fresh and dry root		

**Daily Value Not Established.

Other Ingredients: Pure Alcohol (53-63% by volume), Deionized Water

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. For educational purposes only.



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