

# VALERIAN

Valerian Root (*Valeriana officinalis*) is a flowering plant that has been used since the ancient Greeks and Romans. It became more widely used in Europe during the 17th century for insomnia and nervous anxiety. Valerian is a perennial plant native to Europe and Asia, and now also grows in North America. It is currently regarded as one of the strongest western analgesic herbs in use. Valerian also possesses central nervous system sedative properties.

Major constituents of Valerian include valeric acid, iridoids, lignans, sesquiterpenes, flavonoids, and chlorogenic acid. A possible mechanism of action that may contribute to Valerian's calming properties is by supporting the body's use of the neurotransmitter, gamma aminobutyric acid (GABA).

Sleep disorders and feelings relating to anxiety can occur for several reasons. The benefits of Valerian are different for each person based upon their unique needs, and may help support the body with:

- Sleep disorders
- Feelings of anxiousness
- Nervousness
- Trembling
- Headaches
- Heart palpitations

Manufactured in the USA.

Manufactured in a GMP certified facility.

Manufactured in the USA. Certified Kosher.



## SUPPLEMENT FACTS

Serving Size: 2.5mL

Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
<b>Calories 10</b>		
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.



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