

# Valerian Root

Standardized Extract 125 mg



## DESCRIPTION

Valerian Root supplies 125 mg of standardized valerian root in each vegetarian capsule.

## FUNCTIONS

Valerian root has been used since antiquity to relieve emotional stress associated with fear or anger. As a non-narcotic herbal sedative, valerian root extract can act as a food supplement that promotes restful sleep. As a muscle relaxant, valerian root may be helpful in supporting neck and shoulder tension, gastrointestinal health and muscle relaxation.

Valerian root's effectiveness as a sedative relaxant is thought to be due to its content of the valpotriates, i.e. valtrate and isovaltrate. A study of 23 outpatients at a large clinical hospital showed that most study patients felt that the herb was moderately to extremely helpful for supporting restful sleep. Another study of valerian root's sedative properties with 99 subjects indicated that there was no negative impact on alertness and concentration the morning after a single or repeated administration of 600 mg of valerian extract.

## INDICATIONS

Valerian Root may be a useful dietary supplement for individuals wishing to support healthy sleep and muscle relaxation.

## FORMULA (WW #10144)

### 1 Capsule Contains:

Valerian root extract 4:1\*\* ..... 125 mg  
(*Valeriana officinalis*)

Other Ingredients: Gelatin (capsules), (May contain one or more of the following: rice powder, vegetable stearin, magnesium stearate and silica).

\*\*Equivalent to 500 mg of Valerian root powder.

This product contains NO added sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take one (1) capsule, two (2) to six (6) times daily with meals, or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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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.