

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 valpatriates, 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.

SIDE EFFECTS

No adverse effects have been reported.

FORMULA (WW #10144)

1 Capsule Contains:

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

Other Ingredients: capsule (gelatin and water), rice flour, magnesium stearate and silica.

**Equivalent to 500 mg of Valerian root powder.

This product contains NO added sugar, salt, dairy, yeast, wheat, gluten, 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.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children. Natural color variations may occur in this product.

REFERENCES

- Balderer G, Borbely AA. Effect of valerian on human sleep. *Psychopharmacology (Berl)*. 1985;87(4):406-9.
- Cauffield JS, Forbes HJ. Dietary supplements used in the treatment of depression, anxiety, and sleep disorders. *Lippincotts Prim Care Pract*. 1999 May-Jun;3(3):290-304
- Leathwood PD, Chauffard F. Quantifying the effects of mild sedatives. *J Psychiatr Res*. 1982-83;17(2):115-22.
- Lindahl O, Lindwall L. Double blind study of a valerian preparation. *Pharmacol Biochem Behav*. 1989 Apr;32(4):1065-6. Molodozhnikova LM. Medicinal valerian. *Feldsher Akush*. 1988 Jan;53(1):44-6.
- Plushner SL. Valerian: *Valeriana officinalis*. *Am J Health Syst Pharm*. 2000 Feb 15;57(4):328, 333, 335

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.