How to Print

Nature's Way
Trust The Leaf™

# Valerian

***Latin Name***
Valeriana officinalis




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***Description***
Encapsulated Valerian root with a guaranteed natural potency of .1% Valerenic acids.

***Usage***
Valerian has a relaxing effect on the nervous system, it promotes relaxation in persons leading a hectic lifestyle and helps support restful sleep. It was used and promoted anciently by 10th century Arabic physicians, it is still very popular in Europe and western Asia.*

***Recommended Daily Dosage***
Take one to two capsules with water one hour prior to bedtime or prepared as a tea.

*The following list is for serving size of* 3 capsules

| ***Primary Ingredients*** | ***Amount*** | ***USRDA*** |
|---|---|---|
| Valerian Root | 1.59 g | 0% |

***Other Ingredients***
Gelatin, Magnesium Stearate

***Sizes & Suggested Retail Price***
100 capsules - $7.99

Where to BUY?

***Synergistic Products***
Ex-Stress Formula
Hops
Melissa (Lemon Balm)
Silent Night Formula

***Quality Issues***
Valerian is one of the top 10 single herbs.

***Usage Warnings***

Do not drive or operate heavy equipment while taking this product.

There is some controversy regarding whether it is safe for pregnant or lactating women. European Pharmacopoeias list no contraindication to use of Valerian root during pregnancy or lactation. However, as a general rule, caution and moderation are advised during this condition.

Persons taking sedatives or antidepressants should consult their physician before taking Valerian.

Should not be used by children under 12 years of age.

Concomitant use of Valerian with alcoholic beverages is contraindicated. Alcohol will increase the sedating effect. Although Valerian is not known to over-sedate as a rule, individuals should be urged to avoid driving or operating heavy equipment if taking

***Product Q&A***

1. Is it normal for Valerian to have such a strong smell?
   **Valerian has a very strong pungent smell. It is often likened to smelly feet or socks. The fresh root has little odor. A natural enzymatic process takes place as the root ages and a product called isovaleric acid gives off the foul odor.**

***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.***