How to Print

Trust The Leaf™

Valerian, Extract

Latin Name
Valeriana officinalis

Description
Nature's Way standardized Valerian root is a scientifically advanced herbal extract standardized to .8% Valerenic acid and supported by whole Valerian root.

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 one hour before bedtime. For daytime use take one capsule with water at mealtime.



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The following list is for serving size of 2 capsules

Primary Ingredients	***Amount***	***USRDA***
Calcium	30 mg	3%
Valerian Nighttime, dried valerian extract	220 mg	0%
Valerian Root	800 mg	0%

Other Ingredients
Gelatin

Sizes & Suggested Retail Price
90 capsules - $10.49

Where to BUY?

Synergistic Products
Hops
Melatonin
Melissa (Lemon Balm)

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 advise

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

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

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.