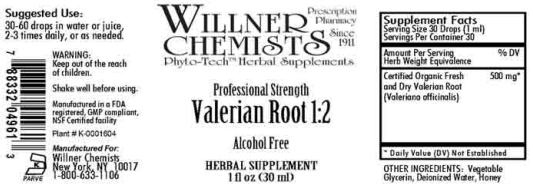
Valerian Root 1:2

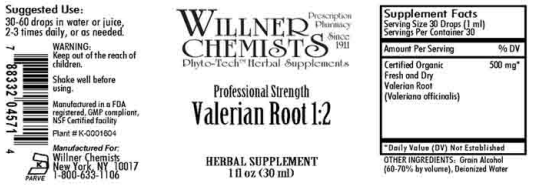
Valerian has been used as a sedative and anti-anxiety treatment for more than 2,000 years. Valerian extracts were widely used in the U.S. and Europe, until replaced by prescription sedative drugs.

Who might benefit from this herbal supplements?

Valerian has a long history of use as a sedative and sleep aid. Many consider Valerian to be the strongest western herbal central nervous system sedative. Valerian will quiet a busy mind. It can promote sleep for those who cannot fall asleep and helps those who wake up in the middle of the night. Repeat the doses as needed within a night to facilitate sleep. The liquid is significantly faster in action compared to a tablet or capsule, which must be digested before it can be absorbed, so liquids are preferred for fastest action. It will help calm one down when going through difficult emotional and mental times or when in therapy and in turmoil. Taking Valerian during the day can make one feel tired, sedated or a little out of it. Thus, caution is advised. This can sometimes be controlled my altering the dosage. Many consider valerian to be the strongest western herbal painkiller as well. It will reduce pain in the musculo-skeletal system (i.e. muscle and joint pain from injury, accidents, work outs, surgeries). Valerian may be enough to control pain after relatively mild surgeries or dental procedures. It is also a smooth muscle relaxer for pain from menstrual cramps, digestive cramps, gall bladder and kidney stones. According to herbalists, Valerian will not remove all pain like a pharmaceutical pain killer but will instead, reduce the percent of pain recognition by 10-50%. Contrary to popular belief, Valium was not derived from Valerian. They sound alike and are used for similar conditions, but are not related. The generally acknowledged active constituent, especially for purposes of standardization, is valerenic acid. *Phyto-Tech™ Valerian Root 1:2 contains Fresh Valerian Root, 500 mg/ml.*

1 fl oz, Prod Code: 56951
1 fl oz, Alcohol Free ~ Prod Code: 56978





Important Notice: The information given here is designed to help you make informed decisions about your health, and the proper use of dietary supplements. It is not intended as a substitute for medical advice, nor a subsitutue for any treatement that may have been prescribed by your doctor. If you have a medical problem, you should seek medical help. Prodcuts described herein are not intended to diagnose, treat, cure or mitigate disease. Specific medical conditions are mentioned only for information purposes--consult a physician.