



Valerian TINCTURE

INSOMNIA
Sleep aid

NPN 80009606
50 ml

Each ml contains

Valerian	fresh root	<i>Valeriana officinalis</i>	1:2	485 mg	Organic
Alcohol 33% to 38%, certified organic					

DOSAGE

INTERVENTION: 1.5 ml, 4 to 5 times per day.

TREATMENT: 2 ml, 1 to 3 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water. As a sleep aid, take 30 minutes before bedtime. Repeat as needed.

MODE OF ACTION

Essentially, valerian is a sedative herb. It helps fall asleep and improves the quality of sleep while reducing the number of nocturnal awakenings. It is effective both for occasional sleep difficulties as well as frequent and repetitive sleep disorders. Valerian's action is similar to that of benzodiazepines (tranquilizers) but without the drowsiness of the following day or the risk of addiction. It depresses the central nervous system and increases GABA levels. In some individuals using valerian, an increase in concentration was observed, probably due to improved sleep. Though valerian is a sedative for most people, some are stimulated and excited by its use.

Valerian soothes premenstrual syndrome and associated nervous symptoms such as irritability and depressive mood. It relieves menstrual cramps because it is antispasmodic and inhibits the production of prostaglandins. It relaxes muscles and relieves muscle tension. *Valeriana officinalis* is analgesic and reduces stress headaches and relieves pain that hinders sleep.

The antispasmodic and carminative effects of valerian calms intestinal spasm, colic and gas and relieves spasmodic constipation caused by nervous conditions. Valerian lowers blood pressure and its relaxing action is beneficial for hypertension and heart troubles caused by stress.

The main constituents of valerian are volatile oils (valeric acid, valeronic acid, valeranone), iridoids (valepotriates), alkaloids (valerianine, valerine, chatinine), lignans, amino acids (GABA, glutamine, arginine), flavonoids (kaempferol, quercetin), carbohydrates, phenolic acids, phytosterols (β -sitosterol), vitamins (A, B, C) and minerals (Ca, Mg, P, K).

HELPFUL ASSOCIATIONS

LEMON BALM infusion for sleep difficulties and intestinal spasms.

ASHWAGANDHA for sleep disorders caused by anxiety, stress.

NERVETOP for nervous troubles.

MENSTRUIX for menstrual or intestinal cramps.

HAWTHORN for cardiovascular troubles.

ETHNOBOTANY

Nervous system: sleep disorders, nervousness, agitation, nervous tension, anxiety.

Digestive system: intestinal cramps, gas, colic, constipation.

Female reproductive system: menstrual cramps, premenstrual syndrome with irritability and depressive mood.

Other: hypertension, heart palpitations.

HISTORY

Valerian was used in Ancient Greece and China. It is mentioned in the writings of Dioscorides and Galen as well as in some ancient Chinese medicine texts for, among other things, its sedative effect. Following repeated reports of valerian successfully treating epilepsy, it became a popular herb to treat affections of the nervous system. During the Second World War, the British used it to promote sleep. The eclectic doctors used it as a brain stimulant, also for hysteria, mild fever, irritability and to promote calm and sleep. In recent years, a great number of publications have described valerian. Monographs on valerian can be found in the pharmacopeia of many countries where it is used to calm and help sleep.

CONTRA-INDICATIONS

Consult a health care practitioner if insomnia persists beyond 3 weeks or if symptoms worsen. Consult a health care practitioner if breastfeeding.

INTERACTIONS

Do not take with alcoholic beverages, drugs or natural health products that have sedative effects.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

