



Valerian CAPSULE

PROMOTES SLEEP

Sleep aid

NPN 80001783

85 CAPSULES

400 mg/CAPSULE

Ingredient				
Valerian	root	<i>Valeriana officinalis</i>	400 mg	Organic
Vegetable cellulose capsules				

DOSAGE

INTERVENTION: 2-3 capsules, 3 to 4 times per day.

TREATMENT: 3 capsules, 1 to 3 times per day.

DIRECTIONS FOR USE

Take capsules on an empty stomach with a little warm water or infusion. Take with meals if difficult to digest. Start with a small dose to insure herbs are well tolerated.

MODE OF ACTION

Valerian capsules are used mainly to relieve all types of pain. Valerian also calms nervous irritability caused by pain. It is analgesic for acute and chronic pain, also for muscle pain, rheumatism and headaches. For chronic pain, it can be used over a longer period, in combination with other herbs, internally or externally. The combination of its analgesic and sedative effects makes it ideal for pain that hinders sleep.

Since valerian is calming and has a relaxing effect on muscles, it soothes muscle tension and headaches caused by stress. It relieves menstrual cramps and nervous tension during the premenstrual phase. Intestinal cramps are also relieved by valerian.

Valeriana officinalis is calming and sedative. It depresses the central nervous system and interferes with GABA metabolism. This increases GABA levels which helps fall asleep, improves the quality of sleep and reduces nocturnal awakenings.

Valerian is hypotensive and its relaxing effects are beneficial for high blood pressure and heart disease, especially when they are linked to stress.

The main constituents of valerian are volatile oils (valeric acid, valerenic 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

TURMERIC capsules for inflammation.

CAYENNE tincture for joint pain, used externally.

MEADOWSWEET for inflammation of joints and digestive system.

MENSTRUIX for menstrual or intestinal cramps.

CALMIX for stress, nervous tension and anxiety.

ETHNOBOTANY

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

Digestive system: intestinal cramps, constipation, colic, irritable bowel syndrome.

Cardiovascular system: palpitations, high blood pressure.

Other uses: teeth grinding, headaches, menstrual cramps, PMS, muscle tension and pain, rheumatism.

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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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

