



Valerian

What Is It?

Valerian extract provides safe, natural support to calm the central nervous system and encourage restful, refreshing sleep.*

Uses For Valerian

Sleep Support: Valerian is one of the most studied herbs, particularly in Germany where it has been used for years to quiet and calm the central nervous system. Valerenic acid, one of the main constituents of valerian, is exclusive to this herb. Valerian is believed to enhance the release of the neurotransmitter GABA. This may explain its ability to help promote sleep and relaxation.*

What Is The Source?

Valerian extract is derived from *Valeriana officinalis* root and standardized to contain 0.8% valerenic acids. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1–2 capsules per day, 1/2–1 hour before bed.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Occasionally, valerian has been associated with headache, excitability, vivid dreams, cardiac disturbances, or GI discomfort. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Valerian is contra-indicated with other sedative medications, including benzodiazepines and CNS depressants. Consult your physician for more information.

Valerian

each vegetable capsule contains  V 0

valerian (<i>Valeriana officinalis</i>) root extract	250 mg.
(standardized to contain 0.8% valerenic acids)	
vitamin C (as ascorbyl palmitate)	5 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

1–2 capsules per day, 1/2–1 hour before bed.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.