



# ValerianRoot

Sleep well



- Helps calm the nervous system

**ISO 17025**  
Accredited Laboratory



[newrootsherbal.com](http://newrootsherbal.com)



# ValerianRoot



Valerian root contains valerinic acid and specialized compounds known as valeotriates that exert side-effect free sedative effects.

Since ancient Greek times, valerian root has been valued as an antispasmodic and sleep aid. The first known records reported its use in the treatment of epilepsy. Today, valerian is widely used throughout Europe as a mild sedative and sleep aid for insomnia, as a balancing agent for hyperexcitability and exhaustion, calming the one and stimulating the other.

The sedative effects of valerian root are attributed to the valepotriates, a group of unstable esters. Other components, particularly those of the pungent essential oil, the valerenic and isovaleric acids have sedative effects and central nervous system depressant activity. Researchers have also established that the valepotriates and the other components of valerian possess relaxing and spasmolytic effects on smooth muscle. Valerian appears the most effective when all its constituents are present. Numerous clinical trials have been performed with valerian root and have found both subjective and objective improvements in emotional tension disturbances, sleep quality, and behavioral disorders without producing side effects similar to a hangover typical of many prescription sedatives.

Valerian is used for insomnia, especially due to nervous exhaustion, motor restlessness, vegetative dysfunction, headaches, anxiety, nervous tension, palpitations, high blood pressure, spasmodic episodes, nervous dyspepsia, stomach cramps, irritable bowel, menstrual cramps, epilepsy, childhood behaviour disorders, and learning disabilities.

#### Each vegetable capsule contains:

Organic valerian (*Valeriana officinalis*) root. . . . . 470 mg  
**Other ingredients:** Organic vegetable capsule composed of organic pullulan, carrageenan, and purified water.

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#### Suggested use:

**Adults:** Take 2 capsules one to three times daily with meals or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

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