



ACTUAL PHOTO REFERENCE OF OUR INGREDIENT VALERIAN

VALERIAN



Natural sleep support

DESCRIPTION

Valerian has been historically referenced in ancient Greece for insomnia, its sedative properties were defined during the 16th century. Today, valerian is known for its calming effects and is found in many herbal sleep and mood targetting products.

NATURAL SUPPORT FOR HEALTH

- ✓ Natural support for sleep.
- ✓ Relaxing and calming effects.

MANUFACTURING AND PROPERTIES

Manufactured in NSF GMP or cGMP certified facilities.

Product category |
CARE4U® WELLNESS
EXTRACTS, BRAIN



PRODUCT ATTRIBUTES

- Valerian Extract (*Valeriana officinalis* L.)
- Different concentrations available
- Strict raw material control and product release including control of pesticides, PAHs and other impurities
- Absence of valepotriates and silica

SCIENCE

Valerian is recommended by international herbal medicine organizations, such as ESCOP (European Scientific Cooperative on Phytotherapy), to temporarily improve light stress and/or sleep problems¹. Studies reveal a specific binding site on receptors in brain tissue as the likely target through which valerenic acid² exerts its relaxing and calming effects. In addition, studies have shown the synergistic effects of valerian with other plants such as lemon balm, hops and passion flower^{3,4}.

- 1 Escop monographs <https://escop.com/escop-products/publications/>
- 2 The anxiolytic effects of a Valerian extract is based on Valerenic acid <http://www.biomedcentral.com/1472-6882/14/267>
- 3 European medicines agency, Combination: Species sedativae <https://www.ema.europa.eu/en/medicines/herbal/species-sedativae>
- 4 Plant Extracts for Sleep Disturbances: A Systematic Review <https://doi.org/10.1155/2020/3792390>

PRODUCT INFORMATION

Standardized on	Valerenic acids (0.3%, 0.8%) Sesquiterpenic acids expressed as valerenic acid >0.25% or >0.4%
Type of extract	Powder
Grades	Food supplements Pharma
Recommended dosage	100 – 800 mg/day