



# Valerian Root

*Nature's Harmony® Valerian Root caplets are formulated from a standardized herbal extract of Valeriana officinalis containing 0.8% valerenic acid. The applicable part of valerian is the root, which has been used traditionally for insomnia.*

PRODUCT CODE: 400611

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to promote sleep/used as a sleep aid.	Tablet	Take 2 or 3 tablets 1/2 hour to 1 hour before bedtime. Take an earlier dose during the evening if necessary.

## DESCRIPTION:

Valerian root (*Valeriana officinalis*) is a flowering plant that is native to Europe and the temperate regions of Asia. It has been used as a sleep aid for over 1,000 years. Its ability to help relax the central nervous system, promote feelings of calm, decrease levels of anxiety and stress and enhance sleep are known to millions the world over.

**Recommended Daily Allowance:** N/A

**Food Sources:** None.

**Causes of Deficiency:** Stress, nervousness, anxiety.

**Symptoms of Deficiency:** Insomnia.

**Complementary Nutrients:** Vitamin B12.

## HOW IT WORKS:

Nature's Harmony® Valerian Root acts as a mild sedative on the central nervous system. It helps speed the onset of sleep and improves its quality. Valerian promotes sleep by interacting with certain brain receptors called GABA receptors and benzodiazapine receptors, to which valerian binds very weakly. It may also improve the ability to concentrate. In addition, it is a relaxant and an antispasmodic. The herb also appears to have antianxiety and mood-enhancing properties.



### DID YOU KNOW...

*Ancient Greek physicians recommended valerian as a healing aid for stomach upset, liver problems and urinary tract disorders.*

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## RESEARCH:

Clinical studies have reported safe use of valerian for medicinal purposes in over 12,000 patients in trials lasting up to 28 days. Studies conducted among patients with sleep disorders confirmed that valerian reduces the time to fall asleep and improves the quality of sleep by increasing deep sleep.

## SIDE EFFECTS:

Nature's Harmony® Valerian Root may cause headache and morning drowsiness. In large doses, it could result in fatigue, abdominal cramps, chest tightness, lightheadedness, hand tremor and dilation of the eye pupil leading to blurred vision.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner prior to use if pregnant or breastfeeding, or if sleeplessness persists continuously for more than three weeks (chronic insomnia) or worsens. Do not consume with alcohol, drugs or natural health products with sedative properties. Exercise caution if operating heavy machinery or driving a motor vehicle within two hours of consumption.

## OTHER CONSIDERATIONS:

Insomnia may be a symptom of serious underlying medical illness.

## LABEL:

**Natures Harmony®**

## Racine de valériane

**Pour favoriser le sommeil**

**60 comprimés**  
NPN 80006538

**Usage recommandé :** Aide à favoriser le sommeil/utilisé comme aide au sommeil.  
**Dose recommandée (adultes) :** Prendre 2 ou 3 comprimés, 30 à 60 minutes avant le coucher. Prendre une dose plus tôt en soirée au besoin.  
**Ingédients médicinaux :** Chaque comprimé contient : Extrait de racine de valériane (Valeriana officinalis) à 9:1 (équivalent à 900 mg de plante fraîche, normalisé à 0,8% acide valériénique).....100 mg  
**Ingédients non médicinaux :** cellulose, phosphate dicalcique, croscarmellose sodique, acide stéarique, stéarate de magnésium, dioxyde de silicium, hypromellose, glycérine.  
**Information sur les risques :** Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante, ou si l'insomnie persiste de façon continue pendant plus de trois semaines (insomnie chronique) ou s'aggrave. Ne pas consommer avec de l'alcool, des drogues ou médicaments ou avec des produits de santé naturelle aux propriétés sédatives. Agir avec prudence pour opérer de la machinerie lourde ou conduire un véhicule dans les deux heures suivant la consommation du produit.  
Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soja, sulfites, dérivés d'origine animale, ou colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.

**Natures Harmony®**

## Valerian Root

**Herbal Sleep Aid**

**60 Tablets**  
NPN 80006538

**Recommended Use:** Helps to promote sleep/used as a sleep aid.  
**Recommended Dose (Adults):** Take 2 or 3 tablets 1/2 hour to 1 hour before bedtime. Take an earlier dose during the evening if necessary.  
**Medicinal Ingredients:** Each tablet contains: Valerian (Valeriana officinalis) root extract 9:1 (equivalent to 900 mg crude herb, STD to 0.8% valerenic acid).....100 mg  
**Non-medical Ingredients:** Cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide, hypromellose, glycerin.  
**Risk Information:** Consult a health care practitioner prior to use if pregnant or breastfeeding, or if sleeplessness persists continuously for more than three weeks (chronic insomnia) or worsens. Do not consume with alcohol, drugs or natural health products with sedative properties. Exercise caution if operating heavy machinery or driving a motor vehicle within two hours of consumption.  
This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives, or artificial colours, flavours, or preservatives.

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.

[www.naturesharmony.com](http://www.naturesharmony.com)  
1-877-929-2548

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