

VALERIAN

Valerian (*Valeriana officinalis*) grows wild all over Europe and Asia colonising damp places and swamps. Its name is said to come from the Latin word *valere* which means to be well/strong/in health. Known principally for its calming and sleep inducing effects, Valerian is often referred to as nature's Valium. It was used to treat shell-shocked soldiers in World War I and civilians suffering from the strain of events during both World Wars. Valerian is also known as All-Heal and historically has been used for anxiety, convulsions, cramp, epilepsy, hysteria, insomnia, irritable bowel, migraine, muscle soreness, nervousness, pain (including period pain), premenstrual syndrome, shingles, stress, trauma, unruly children and vertigo.



The Benefits of Valerian

Disturbed sleep patterns - numerous studies have investigated the effects of Valerian in people with a difficulty in falling and remaining asleep. The results show that Valerian promotes a deep and satisfying sleep, helping people fall asleep quicker and reducing the frequency and length of sleepless episodes during the night. Unlike many prescription sleep medicines, Valerian does not cause grogginess the following day.

Anxiety and panic attacks - helps to relieve anxiety by reducing excess activity in the brain and spinal cord.

Restlessness - Valerian has a sedative effect, reducing locomotor (skeletal muscle) activity and generally calming subjects.

Intestinal and menstrual cramps - Valerian causes the smooth muscle of the digestive tract and uterus to relax, relieving symptoms of menstrual cramps and digestive disorders.

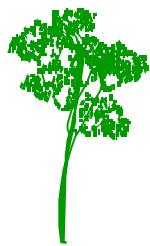
Behavioural disorders - in subjects with poor concentration ability, Valerian has been shown to significantly increase performance. One study demonstrated a 74.4% success rate in treating children with a variety of behavioural disorders including gross nervous disorders, sleep disorders, headaches, migraines, learning disorders, enuresis (involuntary passing of urine) and anxiety.



Properties

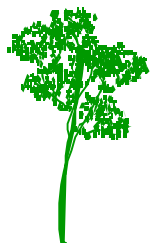
Valerian has a characteristic pungent odour that develops as the root is dried and stored. This odour is attributed to the products of a group of organic compounds known as the valepotriates. These products, along with valerenic and isovaleric acids have a sedative effect and reduce activity in the central nervous system (CNS). Valerenic acid decreases CNS activity by repressing the breakdown of gamma-aminobutyric acid (GABA) and inhibitory neurotransmitter in the brain. Valepotriates and other components have an antispasmodic and relaxing effect on smooth muscle.

Valerian should be taken 30 minutes to 1 hour before retiring when used for sleep disorders.



Contra-indications/ Precautions

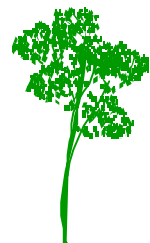
Valerian does not appear to cause lingering morning sleepiness, however it may impair judgement for 2-3 hours after taking and drivers and operators of heavy machinery should be cautioned. Valerian should not be taken by children under 3 years of age, pregnant or breastfeeding women or at the same time as other sedative therapy. Children between 3 and 12 years old should take Valerian under medical supervision only and should take a proportion of the adult dose according to their bodyweight.



Why Choose Natures Aid Valerian?

Each Natures Aid Valerian tablet contains a full 100mg of standardised extract equivalent to 500mg of dried Valerian root and is guaranteed to contain 800µg valerenic acids.

SUITABLE FOR VEGETARIANS AND VEGANS



Natures Aid, St George's Park, Kirkham, PR4 2DQ

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