

VALERIAN

Helps to promote sleep.

90 capsules 2 130 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80000195

Valerian²

Valerian, or *Valeriana officinalis*, is a plant native to Europe and northern Asia, and today naturalized all over the world. It was prescribed in Ancient Greece for treating insomnia. Romans for their part, used it to combat palpitations and arrhythmias. In Europe, valerian was recommended during the Middle Ages as a tranquilizer and sleeping pill, and toward the end of the 16th century, for treating epilepsy. It was also for this purpose that Amerindians used it in America.

The popularity and virtues of valerian have not diminished over time; it is still commonly used in herbal medicine to treat stress, anxiety, and insomnia.

The use of valerian for treating restlessness, anxiety, and sleep disorders is recognized by the Commission E, ESCOP, and the World Health Organization.



**BPF
GMP**

MEDICINAL INGREDIENT

Valerian (extract ratio 6:1) (*Valeriana officinalis*) (root)..... 355 mg
Quantity equivalent to 2 130 mg of valerian.

NON-MEDICINAL INGREDIENTS

Cellulose and hypromellose.

RECOMMENDED DOSE

Adult: 1 capsule a half-hour to 1 hour before bedtime. Take with a glass of water.

WARNINGS

- Consult a health care provider if sleeplessness persists continuously for more than 3 weeks (chronic insomnia).
- Consult a health care provider if symptoms persist or worsen.
- Consumption with alcohol, other medications or natural health products with sedative properties is not recommended.

KNOWN ADVERSE REACTION

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness within 2 hours of consumption.

VALERIANA OFFICINALIS

USDA Classification¹

Kingdom : Plantae

Division : Magnoliophyta

Class : Magnoliopsida

Order : Dipsacales

Family : Valerianaceae L.

Genus : Valeriana L.

Species : Valeriana officinalis L.

Literature review

Valerian was shown to promote sleepiness in a double-blind, placebo-controlled trial, where 8 participants with mild insomnia were given valerian extract.³

Another study involving 82 elderly subjects with nervous behavioural disorders (including difficulty falling asleep, difficulty sleeping during the night, and rapid fatigue due to sleep disorders) showed significant improvements in falling asleep and staying asleep during the night. It also showed a significant decrease in fatigue after 14 days of treatment.⁴

Other double-blind studies have shown that valerian is more effective than placebo, and that it is as effective as classical pharmaceutical treatments for insomnia.^{5,6}



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Fiche Valeriana officinalis.** *USDA Plants Database.* Available online at: <http://plants.usda.gov/core/profile?symbol=VAOF> (consulté le 02.03.2015)

² **Fiche Valériane.** *Passeport Santé.* Available online at: http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=valeriane_ps (consulté le 03.03.2015)

³ **Aqueous extract of valerian reduces latency to fall asleep in man.** *Planta Med.* 51:144-148. 1985

⁴ **Modern valerian therapy of nervous disorders in elderly patients.** *Medwelt.* 35:1450-1454. 1984

⁵ **Aqueous extract of valerian rot improves sleep quality in man.** *Pharmacol. Biochem. Behav.* 17:65-71. 1982

⁶ **Improvement of sleep quality with high dose valerian/lemon balm preparation: a placebo-controlled double-blind study.** *Psychopharmakotherapie.* 6:32-40. 1996

