VALERIAN ROOT
(Valeriana officinalis)

For Ultimate Support of Restful Sleep*

ALCOHOL-FREE CONCENTRATED EXTRACT OF:
VALERIAN ROOT MG EXTRACT PER 2 CAPS
(Valeriana off.) 200 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE
Valerenic acids (from Valerian) 1.8 mg

HISTORY
Valerian is a perennial herb with a lengthy tradition of use in supporting normal sleep. The root (rhizome) was official in the United States Pharmacopeia from 1820-1936 and in the National Formulary from 1888-1946. Valerian is still used extensively to promote healthy sleep in Germany, France, Belgium, and Switzerland.

ENHANCED SLEEP QUALITY
Difficulty sleeping under normal conditions can be manifested as one or more of the following: inability to fall asleep (> 30 minutes) upon retiring; intermittent waking after falling asleep; or early morning awakenings. Numerous clinical studies have substantiated the efficacy of Valerian root to support healthy sleep function.

One of the earliest studies was a placebo-controlled double-blind trial of 128 subjects. Participants received 400 mg of Valerian extract, a Valerian combination, or a placebo, one hour before bedtime. Subjects felt that they had a significant improvement in sleep quality and in time to fall asleep. Valerian had no detectable “hangover” effect the next morning. However, some subjects who took the Valerian formula reported morning sleepiness.

A recent randomized, double blind, placebo controlled study was conducted with 16 patients. Those persons taking the Valerian extract had improvements in sleep structure and sleep perception. An interesting finding was less side effects experienced with Valerian than with the placebo (3 vs. 18).

MECHANISM OF ACTION
The exact mechanism of action by Valerian is not yet known. We do know that a range of constituents and various modes of action contribute to its activity. The mechanism is likely to be associated with increased levels of Gamma-Aminobutyric Acid (GABA) in the brain. Studies suggest that sedation may partly result from an interaction of Valerian with GABA receptors. Constituents have also been shown to inhibit enzyme-induced breakdown of GABA in the brain. Some studies have found GABA itself in Valerian roots, however it is questionable if the body can assimilate it in that form.

Note: The intention of this information is to represent the traditional use of the herb and to inform the reader of any evolving inquiry relevant to the herb.

COMPLEMENTARY HERBS/FORMULAS
Valerian/Poppy Supreme, Skullcap/ St. John’s Wort Supreme, Hops, Passionflower, Kava, Chamomile

SAFETY EVALUATIONS/CONTRAINDICATIONS
Do not use during pregnancy and lactation.

DRUG INTERACTIONS
Consult a physician if you are taking any pharmaceutical drugs.

REFERENCES
Dorn M. [Efficacy and tolerability of baldrian versus oxazepam in non-organic and non-psychiatric insomnia]. Forsch Komplementarmed Klass Naturheilkd 2000; 7(2) 79-84. [article in German]

DOSAGE
2 liquid Phyto-Caps, with warm water
DURATION OF USE
4-6 months
BEST TAKEN
1 hour before bedtime

FOR INFORMATION ON OTHER GAIA PRODUCTS PLEASE VISIT OUR WEBSITE
www.gaiaherbs.com

**GENERAL REFERENCES**


DeSmet PAGM. Adverse Effects of Herbal Drugs. Berlin: Springer-Verlag. 1993


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