

## Product Profile

# VALERIAN

*Valeriana officinalis*

Liquid extract of fresh rhizome with rootlets.

**Actions:** Calmative. Relaxing sedative that also enhances cerebral circulation. Relaxes smooth muscles.

**Uses:** To reduce stress, anxiety, nervousness, agitation, and irritability. Especially recommended in nervous conditions associated with enfeebled cerebral circulation. Facilitates and enhances quality of sleep in insomnia without a “drugged” feeling. Nervous headache. Relief of mild neuralgia, cramps and spasms. Symptomatic relief of chorea when combined with Black Cohosh.

**Dose:** Take 30 to 40 drops, 3 to 4 times per day.

**Cautions:** None known.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.