

Valerian Extract

Valeriana officinalis L.

STANDARDIZED EXTRACT
FOR SLEEP, STRESS



Botanical Name
Valeriana officinalis L.



Part Used
Root



Active Compound and Purity
Valerenic Acid $\geq 0.40\%$



01 PRIMARY HEALTH BENEFITS

Sleep & Stress

Promotes deep, restorative sleep and **helps** reduce stress and anxiety.

02 MECHANISM OF ACTION

Enhance GABA release and modulate GABA-A receptors. GABA is an amino acid that acts as a primary inhibitory neurotransmitter in the brain.

By blocking nerve signals through its binding to GABA receptors, it **promotes calm and helps regulate stress and sleep.**

03 EU CLAIMS



- ☒ The EU Herbal Monograph by EMA considers valerian valid for well-established medical use to relieve mild nervous tension and sleep disorders.
- ☒ The EMA also recognizes valerian root for traditional use to relieve mild symptoms of mental stress and to aid sleep.

04 OUR CERTIFICATIONS



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