

Valerian Complex

Easing Mild Nervous Tension & Sleeplessness*

Valerian, Passion Flower and Jujube (Ziziphus) are traditionally used in herbal preparations to:

- ✓ Help relieve occasional **sleeplessness**
- ✓ Ease the effects of temporary or occasional **stress**
- ✓ Help relieve mild **nervous tension**
- ✓ Promote **relaxation***

MediHerb® Valerian Complex combines herbal extracts of Valerian (root and rhizome), Passion Flower (herb) and Jujube (Ziziphus) (seed). Through their calming and relaxing effect on the nervous system, these extracts help ease the effects of normal everyday stress, especially where this causes occasional sleeplessness. As there are many species of both Valerian and Passion Flower with varying phytochemical profiles and activities, MediHerb® ensures the correct medicinal species are used in Valerian Complex through the use of HPLC testing and analysis.*



HELPS RELIEVE OCCASIONAL SLEEPLESSNESS*

EASES MILD NERVOUS TENSION*

PROMOTES RELAXATION*

M1880 60 Tablets

Suggested Use:

1 tablet 2 – 4 times daily, or as directed.

Supplement Facts

Serving size:	1 Tablet	
Servings per container:	60	
	Amount per Serving	%DV
Calcium	64 mg	4%
Valerian root & rhizome 5:1 extract from <i>Valeriana officinalis</i> root & rhizome 700 mg	140 mg	†
Passion Flower herb 5:1 extract from <i>Passiflora incarnata</i> herb 500 mg	100 mg	†
Jujube seed 10:1 extract from <i>Ziziphus jujuba</i> var. <i>spinosa</i> seed 900 mg	90 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate, maltodextrin, hypromellose and silicon dioxide.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

How Sleep Affects Stress and Vice Versa

Sleep is essential for overall health as it allows our brains to recharge and our bodies to rest. However, normal everyday or temporary stress, arising from work, relationships, finances, or moving to a new house, may sometimes get in the way of quality sleep. Moreover, stress and sleep have a two-way relationship where one can affect the other, which can lead to additional mild nervous tension and irritability. Due to their interdependent relationship, addressing one of these issues often leads to improving the other.^{1,2} However, addressing both at the same time is better still.

Figure 1. The Stress – Sleep Cycle¹



How Valerian Complex Supports Your Health:



Valerian is one of the best known and most widely used herbs in the world. Its use dates back to ancient Greece more than 2000 years ago, where it was recognized and treasured as a sleep aid.³ Native to Asia and Europe and naturalized in North America,⁴ Valerian is also used traditionally to calm an overexcited nervous system. Its relaxing effects help to ease occasional nervous tension, mild stress, restlessness and (therefore) sleeplessness,^{5,6} uses that were particularly valued by the civilian population in Britain during World War II.⁷ It is usually given half or one hour before bedtime to support falling asleep.^{8*}



Valerian is often combined with **Passion Flower** for the relief of occasional sleeplessness,^{9,11} including problems falling asleep.⁸ Traditional uses of Passion Flower and Valerian are a perfect match, with Passion Flower also relieving mild nervous symptoms such as nervous stress and tension.^{9,12,13*}



The dried seeds of **Jujube** are traditionally used in China for the relief from occasional sleeplessness associated with falling and staying asleep.¹⁴ It can also be used to help relieve occasional 'shallow' sleep, which can be disturbed by dreaming,¹⁴⁻¹⁶ restlessness or irritability.^{11*}

MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing ingredients to bottling to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.

References

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Please consult the product packaging label for the most accurate product information.

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