

## VALERIAN - 5 ML



Valerian (*Valeriana officinalis*) root has been used for thousands of years for its calming, grounding, and emotionally balancing influences. During the last three decades, it has been clinically investigated for its relaxing properties. Researchers have pinpointed the sesquiterpenes, valerenic acid, and valerone as the active constituents that exert a calming and restorative effect on the central nervous system.\* German health authorities have pronounced valerian to be an effective aid for the body's needs. Valerian has an approximate ORAC of 61,935 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

How to use: For dietary or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

Ingredients:

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.