

## Valerian Root Max-V

### DESCRIPTION

Valerian Root Max-V, provided by Douglas Laboratories, supplies 200 mg of standardized valerian root in each vegetarian capsule.

### FUNCTIONS

Valerian root has been used since antiquity to relieve emotional stress associated with fear or anger. As a non-narcotic herbal sedative, valerian root extract can act as a food supplement that promotes restful sleep. As a muscle relaxant, valerian root may be helpful in supporting neck and shoulder tension, gastrointestinal health and muscle relaxation.

Valerian root's effectiveness as a sedative relaxant is thought to be due to its content of the valpotriates, i.e. valtrate and isovaltrate. A study of 23 outpatients at a large clinical hospital showed that most study patients felt that the herb was moderately to extremely helpful for supporting restful sleep. Another study of valerian root's sedative properties with 99 subjects indicated that there was no negative impact on alertness and concentration the morning after a single or repeated administrations of 600 mg of valerian extract.

### INDICATIONS

Valerian Root Max-V may be a useful dietary supplement for individuals wishing to support healthy sleep and muscle relaxation.

### FORMULA (#77381)

#### 1 Vegetarian Capsule Contains:

Valerian root(standardized) .....	200 mg
Valerian root(non standardized) .....	100 mg

### SUGGESTED USE

Adults take 1 capsule daily at bedtime or between meals, repeated as needed, or as directed by your health care professional. If digestive irritation occurs, take with meals.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

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**For more information on Valerian Root Max-V visit [douglaslabs.com](http://douglaslabs.com)**

† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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