

Valsed™

Herbal alternative to tryptophan

DESCRIPTION

Valsed™ tablets, provided by Douglas Laboratories®, contain extracts of valerian root (*Valeriana officianalis*) and passionflower (*Passiflora incarnata*), as well as magnesium gluconate, useful for supporting healthy sleep patterns and relaxation.

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.

Passionflower (*Passiflora incarnata*) has also been used for many years as a natural tranquilizer. Central American natives used it to sooth overactive nerves and support stress. Some suggest its use for a variety of conditions, including supporting healthy sleep and muscle relaxation.

Passionflower's active ingredients are thought to include the pyrone derivative maltol, as well as the flavonoids, orientin, isoorientin, vitexin and chrysin. Some have suggested that the two herbs, valerian and passionflower, may act synergistically, one as a sedative and the other as a relaxant.

INDICATIONS

Valsed™ tablets may be a useful dietary supplement

for individuals who wish to support healthy sleep and muscle relaxation.

FORMULA (#7333)

Each Tablet Contains:

Valerian Root Extract	145 mg
Passiflora Extract	145 mg
Magnesium Gluconate	65 mg
(Providing 4 mg of elemental Magnesium)	

SUGGESTED USE

Adults take 1 tablet 2 times daily or as directed by physician.

SIDE EFFECTS

Although no adverse effects have been reported, it is prudent not to use valerian concomitantly with barbiturates as excessive sedation may occur.

STORAGE

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

REFERENCES

- Balderer G, Borbely AA. Effect of valerian on human sleep. *Psychopharmacology* 1985;87:406-9.
- Della Loggia R, Tubaro A, Redaelli C. [Evaluation of the activity on the mouse CNS of several plant extracts and a combination of them]. *Riv Neurol* 1981;51:297-310.
- Dominguez RA, Bravo-Valverde RL, Kaplowitz BR, et al. Valerian as a hypnotic for Hispanic patients. *Cultur Divers Ethn Minor Psychol* 2000;6:84-92.
- Kuhlmann J, Berger W, Podzuweit H, et al. The influence of valerian treatment on "reaction time, alertness and concentration" in volunteers. *Pharmacopsychiatry* 1999;32:235-41. (continued on reverse)
- Leuschner J, Muller J, Rudmann M. Characterisation of the central nervous depressant activity of a commercially available valerian root extract. *Arzneimittelforschung* 1993;43:638-41.
- Lindahl O, Lindwall L. Double blind study of a valerian preparation. *Pharmacol Biochem Behav* 1989;32:1065-6.
- Miller LG. Herbal medicinals: selected clinical considerations focusing on known or potential drug-herb interactions [see comments]. *Arch Intern Med* 1998;158:2200-11.
- Solbakken AM, Rorbakken G, Gundersen T. [Nature medicine as intoxicant]. *Tidsskr Nor Laegeforen* 1997;117:1140-1.
- Soulimani R, Younos C, Jarmouni S, et al. Behavioural effects of *Passiflora incarnata* L. and its indole alkaloid and flavonoid

(continued on reverse)

derivatives and maltol in the mouse. J Ethnopharmacol
1997;57:11-20.
Zanoli P, Avallone R, Baraldi M. Behavioral characterisation of

the flavonoids apigenin and chrysin. Fitoterapia 2000;71 Suppl
1:S117-S123.

**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.**

**Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440**