



## Valerian 500mg

Valerian 500mg. Valerian is a natural sedative, perfect to help you sleep. The tranquillising action of Valerian is good for calming the nerves. The substance Valerenic acid inhibits the breakdown of GABA, a chemical transmitter in the brain, which helps to decrease activity in the nervous system. This in turn can aid the promotion of a deeper, more relaxing restful sleep.

Each tablet provides the equivalent to 500mg of whole Valerian root. Excellent for calming the nerves. • Is beneficial for those suffering anxiety and tension. • Good to aid a restful nights sleep (when taken 30-60 minutes before bedtime). • Can also have anti-spasmodic activity on muscles.



Link: [www.kiwiland.com/smartshop/recovery/valerian-500mg.html](http://www.kiwiland.com/smartshop/recovery/valerian-500mg.html)

### Product characteristics

Category	Recovery products
Material	Natural
Brand	Herbal highs
Effect	Relaxed
Strength	Mild

### Specifications

Ingredients	Dibasic Calcium Phosphate, Valerian 6:1 Extract, Microcrystalline Cellulose, Stearic Acid, Shellac E904, Magnesium Stearate Nutritional Information: Each tablet typically provides: Valerian 6:1 Plant Extract 83.5mg (Equivalent to 500mg of herb powder)
Dose	No more than 2 capsules per day. Contains 4 pills.
Warnings	Info: This product is free from nuts, gluten, dairy, yeast, salt, sugar, artificial colours, flavours & preservatives suitable for Vegetarians. <b>WARNING: Pregant and/or lactating</b>

women should consult their doctor  
before taking this or any other herbal

### Price table

<b>Product label</b>	<b>Product code</b>	<b>Price exc.</b>	<b>Vat</b>	<b>Price inc.</b>
4 caps	SMA1510	2,89 euro	21.0 %	3,50 euro