

VALERIAN ROOT DRY EXTRACT (*Valeriana officinalis* L.)

BOTANICAL DESCRIPTION:

Dried, whole or fragmented underground parts of *Valeriana officinalis* L., including rhizome surrounded by the roots and stolons.

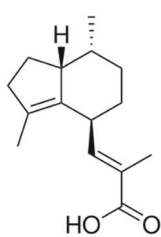
Accurate selection and identification of Valerian Root according to current monograph of European Pharmacopoeia: "0453: Valerian root".



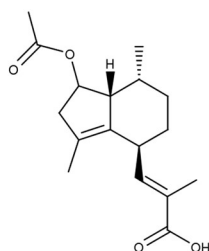
EXTRACT INFORMATION:

Valerian Root Dry Extract is obtained from the root of *Valeriana officinalis* L. by hydroalcoholic extraction.

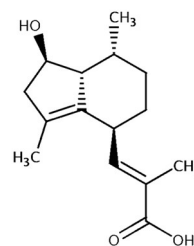
INCI Name:	VALERIANA OFFICINALIS ROOT EXTRACT
CAS:	8057-49-6
EINECS:	232-501-7
ANALYTICAL MARKER:	Sesquiterpenics acids expr. as Valerenic acid.



Valerenic acid



Acetoxyvaleremic acid



Hydroxyvaleremic acid

Select Botanicals Extracts comply with the requirements of any relevant monograph in the European Pharmacopoeia and/or European Directives applicable to the end use of the extract.

Select Botanical, S.L. manufactures Highest Quality Extracts following strictest Quality Management System in compliance with the "Good Manufacturing Practices" (GMP) requirements, carrying on the last manufacturing steps in classified areas (Clean Rooms).

PHYTOTHERAPY INDICATIONS:

- Herbal medicinal product indicated for the relief of mild nervous tension and sleep disorders ^(3,7,8)
- Traditional herbal medicinal product for relief of mild symptoms of mental stress and to aid sleep ⁽⁸⁾

- Sedative ^(1,2,3,4,5,6,7,9)
- Anxiolytic ^(1,2,3,4,5,6,7,9)
- Sleep-promoting ^(5,7,9)

ACTIVITIES AND PHARMACOLOGICAL STUDIES:

- **Sedative and anxiolytic activity:** Biochemical studies have documented that valerenic acid inhibits the enzyme system responsible for the central catabolism of GABA. Increased concentrations of GABA are associated with a decrease in CNS activity and this action may, therefore, be involved in the reported sedative activity of valerenic acid. ⁽⁶⁾
- **Sleep promoting:** Clinical studies show that after several days of intake Valerian root, sleep electroencephalogram (EEG) changes were more pronounced than after a single intake. Clinical experiences shown a gradual improvement of symptoms over 2-4 weeks. ⁽⁸⁾

DOSAGE AND ADMINISTRATION:

Dosage and administration:

Valerian Dry Extract may be found formulated in liquid and solid preparations for oral administration. Recommended dosage and administration are indicated in the Community Herbal Monograph on *Valeriana officinalis* L. radix. **EMA/HMPC/340719/2005.**

Undesirable effects:

Gastrointestinal symptoms (e.g. nausea, abdominal cramps) may occur after ingestion of valerian root preparations. The frequency is not known. ⁽⁸⁾

Precautions/Contraindications:

Patients with known hypersensitivity to the active substance should not use valerian root preparations. ⁽⁸⁾

The use is not recommended in children below the age of 12 years. ⁽⁸⁾

Use during pregnancy and lactation is not recommended. ⁽⁸⁾

BIBLIOGRAPHY AND OTHER REFERENCE SOURCES:

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6. Newall, A. C., Anderson, L. A. , Phillipson, D. J. Herbal Medicines. The Pharmaceutical Press. 1996.
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9. Assessment report on Valeriana officinalis L., radix and Valeriana officinalis L., aetheroleum. EMA/HMPC/150846/2015