



NATURE'S SUNSHINE

Valerian Root

GOOD FOR

Nervous System

Brain

SIZE **100 Capsules**

ITEM # **720**

SERVING **1**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

— How the Key Ingredients Work

Valerian Root has been trusted for centuries to help quiet a busy mind and ease the body into a more relaxed, restful state. This time-honored herb works gently with your body's own calming systems to support everyday stress relief, better sleep, and a greater sense of ease.

Valerian Root (*Valeriana officinalis*) — The star of this formula, valerian root has been used since ancient Greece to help with nervousness, restlessness, and trouble sleeping. It works by supporting the body's natural calming chemistry, helping you feel more at ease and making it easier to drift off and stay asleep. Studies suggest 300–600 mg daily may meaningfully improve sleep quality.

Valerian Root – Anxiety & Stress Support — Feeling on edge? Valerian has a long history as a go-to herb for everyday anxiety and tension. Clinical trials have explored its ability to promote a calmer, more settled feeling throughout the day. While results vary from person to person, many people find it a gentle, natural way to take the edge off stress without feeling groggy.

Valerian Root – Calm & Relaxation — Whether it's a hectic workday or a restless evening, valerian root has been shown in multiple studies to support a sense of calm and relaxation. Its naturally occurring active compounds help encourage the body to shift out of 'go mode' and into a more peaceful, balanced state — making it a wonderful addition to any wind-down routine.

Valerian Root – Sleep Quality — One of valerian's most well-known roles is supporting healthy, restful sleep. Research including randomized controlled trials and systematic reviews points to improvements in sleep quality for people who take it regularly. It's not a sedative in the traditional sense — it simply helps your body and mind settle down so sleep can come more naturally.

Valerian Root – Children's Sleep Support — Valerian root has also been studied in younger users. In a large observational study of nearly 918 children under age 12, over 80% showed improvement in sleep disturbances when taking valerian — often combined with lemon balm — over four weeks, with excellent tolerability and no medication-related concerns reported.

Valerian Root – Focus & Attention — Beyond sleep and calm, valerian root has been explored for its potential role in supporting attention and focus. A 2022 systematic review covering seven clinical trials in children and adolescents found fair evidence of both efficacy and safety for valerian in addressing attention-related challenges, suggesting it may support mental clarity alongside its calming effects.

Valerian Root – Traditional Herbal Heritage — Known by names like 'all-heal' and 'garden heliotrope,' valerian's very name comes from the Latin word meaning 'to be in good health.' This rich heritage speaks to how deeply this plant has been woven into wellness traditions across Europe and beyond for generations, valued as a whole-body tonic for the nervous system.

 (888) 510-7196  service@caringsunshine.com

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