



FACT SHEET



Product:	Valerdyn™
Suitable for:	People who have difficulty sleeping or getting to sleep
Ingredients:	Gentian 4:1-30mg Chamomile 4:1-30mg Skullcap 4:1-30mg Hops 4:1-30mg Valerian 5:1-24mg Ginger 6mg (5% Gingerols) Dicalcium phosphate Microcrystalline cellulose Magnesium Stearate
Recommended dose:	For adults only – 1 or 2 tablets per day. Do not exceed the stated dose.
Contraindications:	Valerdyn™ should not be taken by people with excessive stomach acid, heartburn, peptic ulcer disease or gastritis. People with allergies to plants in the Asteracea family (chrysanthemums, asters, ragweed)

should not use Valerdyn™. Valerdyn™ should not be taken during pregnancy and breast feeding. People with a history of gallstones should consult a doctor prior to taking Valerdyn™.

Research suggests that valerian does not impair one's ability to drive or operate machinery. Valerian does not appear to impair alertness or reaction times.

Documented side effects: Valerian can cause mild side effects including headaches, dizziness, upset stomach and tiredness. Ginger can cause gas, bloating, heartburn, and nausea. Rare allergic reactions (bronchoconstriction) have been reported with chamomile.

Drug interactions: Drug interactions are possible between ginger and heparin and warfarin. No interactions have been reported between valerian, hops, scullcap or gentian and prescription medications.

Always tell your health care providers about any complementary and alternative practices you use. Providing a full picture of what you do to manage your health will help ensure coordinated and safe care.

Further reading:

Dressing H, Köhler S, Müller WE. Improvement of sleep quality with a high-dose valerian/lemon balm preparation: A placebo-controlled double-blind study. *Psychopharmakotherapie* 1996;6:32–40.

Leathwood PD, Chauffard F, Heck E, Munoz-Box R. Aqueous extract of valerian root (*Valeriana officinalis* L) improves sleep quality in man. *Pharmacol Biochem Behav* 1982;17:65–71.

Kohnen R, Oswald WD. The effects of valerian, propranolol and their combination on activation performance and mood of healthy volunteers under social stress conditions. *Pharmacopsychiatry* 1988;21:447–8.

Valerian root (*Valeriana officinalis*). In: Blumenthal M, Goldberg A, Brinckman J, eds. *Herbal Medicine: Expanded Commission E Monographs*. Newton, MA: Lippincott Williams & Wilkins; 2000:394–400.