

# nVH Italia srl<sup>®</sup>

Herbal extracts manufacturers



mindTo<sup>®</sup>

VALERIANA OFFICINALIS 0,8% VALERENIC ACIDS - BEADLETS

## MINDTO® Valeriana Officinalis 0.8% valerenic acids - BEADLETS

Origin of the drug: Europe

Origin of the extract: Italy

Solvent: water/ethanol

**Full traceability: from beginning to end**

### DOSAGE:

Food grade extract: 250 mg/die

### Food grade extract:

- ✔ **Sedative and sleep-promoting agent:** Valerian is well known for its sedative properties and its ability to relax the central nervous system and the smooth muscle groups. It has been used as a sleeping aid for hundreds of years, mainly when there is difficulty to sleep, due to nervousness or inability to sleep (insomnia). The sedative activity of Valeriana officinalis has been demonstrated both in vitro and in vivo studies.
- ✔ **Antispasmodic effect:** Valerian is used in Europe as an antispasmodic, particularly for abdominal cramps due to nervousness and for uterine cramps and menstrual agitation. It helps relieve dysmenorrhoea and it can be of benefit in migraine and rheumatic pain.

MINDTO® : BEADLETS, NO ODOUR, NO SMELL, NO BAD TASTE

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Your partner from beginning to end

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