

Valerian Complex

M1452

Quality is our Passion
 Passion Flower (*Passiflora incarnata*)

Valerian Complex

Valerian Complex is a unique combination of Valerian root and rhizome, herb of Passion Flower and Spiny Jujube seed.*

Valerian has a long history of traditional use in North-Western Europe.¹ The common name 'Passion Flower' derives from the idea that the flowers of *Passiflora* species symbolize the signs of Christ's passion.² The seed of Spiny Jujube (*Zizyphus spinosa*) is a commonly used traditional herb in China.^{3*}

How Valerian Complex Keeps You Healthy

Provides relief from occasional sleeplessness

Valerian is among the most widely used herbs in the world.⁴ It has been evaluated in many controlled clinical trials in Europe, and found to provide relief from occasional sleeplessness. Valerian may do this by reducing sleep latency, this means it reduces the time taken to fall asleep.^{5*}

In Europe, Passion Flower is often combined with Valerian for relief from occasional sleeplessness.⁶

Spiny Jujube has been used traditionally in China for relief from occasional sleeplessness, especially when sleep is disturbed by dreaming.^{7*}

Promotes relaxation and supports nervous system health

Traditional use and clinical trials indicate that Valerian promotes relaxation, by supporting nervous system health.⁶ Passion Flower and Spiny Jujube also promote relaxation.^{7-9*}

Eases the effects of temporary or occasional stress

Valerian has been used traditionally to ease the effects of temporary or occasional stress. Historical records indicate that Valerian was used in this way for soldiers after World War I and for the civilian population in Britain during World War II.^{8,10,11} Valerian may ease the effects of temporary stress by reducing the body's reactivity to the stress.^{12*}

In a small, randomized, clinical trial, Passion Flower helped with work performance while volunteers were experiencing temporary stress.^{13*}

Why use top quality herbal products from a reliable manufacturer?

Consumers need to be confident of the integrity of the herbal manufacturer to ensure that the product contains the correct species of plant and that the extract has the same strength as that used in clinical trials.^{**}

There are many species of Valerian. *Valeriana officinalis* (the species used in Europe and the United States by natural clinicians) contains important plant constituents called valerenic acids and valepotriates. The valerenic acids are characteristic of *Valeriana officinalis*. Valepotriates can decompose into other compounds such as the baldrinals.⁶ For this reason

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40	
Amount per Serving		%DV
Calories	3	
Calcium	40 mg	4%
Valerian root & rhizome 5:1 extract from <i>Valeriana officinalis</i> root & rhiz. 700 mg	140 mg	†
Passion Flower herb 5:1 extract from <i>Passiflora incarnata</i> herb 500 mg	100 mg	†
Spiny Jujube seed 10:1 extract from <i>Zizyphus spinosa</i> seed 900 mg	90 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate, maltodextrin, silica and sodium starch glycolate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No M1452 **Content** 40 Tablets



Associate Professor Kerry Bone
 MediHerb Co-Founder and
 Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

Valerian Complex M1452

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

MediHerb uses a chemical analysis to measure the amount of valerianic acids and valepotriates in Valerian raw materials. MediHerb also checks for the presence of baldrinals, as high levels would indicate poor quality herb.*

Researchers at the University of Mississippi investigated the plant constituents in Valerian products and plant species, and reported their results in 2006. A product obtained from Mexico labeled as *Valeriana officinalis* was found to contain no valepotriates (which means poor quality) and no valerianic acids (which means either very poor quality or it was not made from this species).¹⁴ ConsumerLab.com, a New York-based company that provides independent test results of dietary supplements, found in 2001 several products with no detectable level of valerianic acids. Several other products tested in 2001 and 2004 had about half or less of the expected or claimed amounts. Only four of the 14 products selected from the US market for the most recent review in 2006 met every one of the quality criteria. Eight products did not contain the expected amount of valerianic acids based on a minimum standard or label claim. Three products failed due to contamination by the heavy metals cadmium or lead. (Heavy metals such as cadmium and lead are toxic.)^{15*}

Analytical research conducted by MediHerb's Research Laboratory in conjunction with Southern Cross University in New South Wales, Australia, found that even the color of the flower of the medicinal species of Passion Flower used is important. (The constituents and the amounts of the constituents found in plants can vary *within* the same species!) Using a sophisticated chemical analysis technique they showed that herb obtained from white-flowered *Passiflora incarnata* has a different chemical fingerprint than that of the purple-flowered plant.¹⁶ (Because plant extracts are complex, they contain many constituents and in varying amounts. A chemical fingerprint indicates the presence of all major and minor constituents and their relative abundance.) This was an important discovery because the clinical trials mentioned above used an extract made from herb of the purple-flowered species. Unless this analytical technique is used, a manufacturer could not verify that their extract had a similar fingerprint. This is because the herb (the aerial parts, mainly leaf and stem) is the plant part used to make the Passion Flower extract, and not the flower. The effect on the body might then not be the same as that observed from the clinical trials.*

What Makes Valerian Complex Unique

Valerian Complex is unique in the professional herbal products industry because:

- MediHerb tests the quantity of valerianic acids and valepotriates in Valerian raw materials
- The correct type of Passion Flower is always used (ensuring the extract has a similar chemical fingerprint as the extracts used in clinical trials)

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References

¹ Houghton PJ. *J Ethnopharmacol* 1988; **22**(2): 121-142. ² Anagnostou S, Staiger C. *Z Phytother* 2006; **27**(1): 6-11. ³ Zhao J, Li SP, Yang FQ et al. *J Chromatogr A* 2006; **1108**(2): 188-194. ⁴ Gutierrez S, Ang-Lee MK, Walker DJ. *Pharmacol Biochem Behav* 2004; **78**(1): 57-64. ⁵ ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2nd Edn. ESCOP, European Scientific Cooperative on Phytotherapy, Exeter, 2003. ⁶ American Herbal Pharmacopoeia. Valerian Root – *Valeriana officinalis*: Analytical, Quality Control, and Therapeutic Monograph. American Herbal Pharmacopoeia, Santa Cruz, April 1999. ⁷ Pharmacopoeia Commission of the People's Republic of China. *Pharmacopoeia of the People's Republic of China*, English Edn. Chemical Industry Press, Beijing, 1997. ⁸ British Herbal Medicine Association. *British Herbal Compendium*, Volume 1. BHMA, Bournemouth, 1992. ⁹ Schulz H, Jobert M, Hubner WD. *Phytother* 1998; **5**(6): 449-458. ¹⁰ Chopra RN, Chopra IC, Handa KL et al. *Chopra's Indigenous Drugs of India*, 2nd Edn, 1958, reprinted Academic Publishers, Calcutta, 1982. ¹¹ Grieve M. *A Modern Herbal*. Dover Publications, New York, 1971. ¹² Cropley M, Cave Z, Ellis J et al. *Phytother Res* 2002; **16**(1):23-27. ¹³ Akhondzadeh S, Naghavi HR, Vazirian M et al. *J Clin Pharm Ther* 2001; **26**(5): 363-367. ¹⁴ Navarrete A, Avula B, Choi YW, Khan IA. *J AOAC Int* 2006; **89**(1): 8-15. ¹⁵ Product Review: Valerian Supplements. Initial Posting: 8 August 2006. Available by subscription from www.consumerlab.com. Accessed 16 November 2006. ¹⁶ Lehmann R et al. Information on file. MediHerb Research Laboratory, 3/85 Brandl Street, Eight Mile Plains, Queensland, 4113, Australia, 2006.



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Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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