

## Valerian Extract

Cat. No. EXTC-054

Lot. No. (See product label)

### Introduction

**Description** Valerian root extract is extracted from the valerian root that native to Europe and Asia, valerian root extract works like a sedative helping you to relax, and to sleep deeply and restfully, reducing night awakenings as well as increasing dream recall the next day. Valerica Acid has also been found to be useful for cramping, dysmenorrhea, rheumatic pains, epilepsy, and nerve-related high blood pressure.

### Product Information

**Molecular Formula** C<sub>55</sub>H<sub>86</sub>O<sub>24</sub>

**Molecular Weight**

102.13