

Valerian

The tranquillising action of Valerian is good for calming the nerves. The substance Valerenic acid inhibits the breakdown of GABA, a chemical transmitter in the brain, which helps to decrease activity in the nervous system. This in turn can aid the promotion of a deeper, more relaxing restful sleep.

Benefits:

- Excellent for calming the nerves.
- Is beneficial for those suffering anxiety and tension.
- Good to aid a restful nights sleep (when taken 30-60 minutes before bedtime).
- Can also have anti-spasmodic activity on muscles. Buy Valerian from one of our approved suppliers online now!