

HIGHER NATURE®

VALERIAN SLEEP AID

A traditional herbal medicinal product used for the temporary relief of sleep disturbances due to symptoms of mild anxiety, based on traditional use only.

**VALERIAN ROOT
EXTRACT 150MG**

30
coated
tablets

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SLEEP AID

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SLEEP AID

HEVS030

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DOSAGE:

For oral use. Adults and the elderly. For temporary relief of sleep disturbances due to mild anxiety, take one to two tablets half an hour before bedtime. If necessary, an additional tablet can be taken earlier in the evening. The tablets should be swallowed whole with some water or other liquid.

WARNING: DO NOT EXCEED THE STATED DOSE.

Do not use if you are:

- under 18 years
- pregnant or breastfeeding
- allergic to any of the ingredients

KEEP OUT OF SIGHT AND REACH OF CHILDREN

Please read the enclosed Patient Information Leaflet carefully before taking these tablets.

Valerian may make you feel drowsy. If you are affected, do not drive or operate machines.

The effects of Valerian may be increased by alcohol. Excessive alcohol consumption should be avoided.

STORAGE:

Do not store above 25°C.

Store in the original packaging. Expiry date: see base.

ACTIVE INGREDIENTS:

Each tablet contains:

150mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 450-900mg of Valerian root). Extraction solvent: ethanol 70% v/v.

Manufactured in Germany for
Higher Nature, Burwash Common,
East Sussex TN19 7LX
by the THR holder:
Schwabe Pharma (UK) Ltd
Marlow, Bucks SL7 1PD

THR 23056/0006



certification mark

Traditionally used for: ✓ Sleep ✓ Mild anxiety