

# Valerian SleepAid

Tablets

Valerian Root Extract 300mg

## What is Healthspan Valerian SleepAid?

Valerian SleepAid is a traditional herbal medicinal product used to aid sleep and for the temporary relief of sleep disturbances, based on traditional use only.

Traditionally used to help:

- ✓ Aid Sleep
- ✓ Relieve Sleep Disturbances

## Pharmaceutical quality

This Healthspan licensed medicine is produced to pharmaceutical standards in government-approved facilities that operate to the highest manufacturing standards known as GMP (Good Manufacturing Practice). The purity of all ingredients is rigorously tested before manufacture.


For more information on all Healthspan herbal medicines, please visit [www.healthspan.co.uk/THR](http://www.healthspan.co.uk/THR)



certification mark

60 film coated tablets

- ✓ Aid Sleep
- ✓ Relieve Sleep Disturbances

dosage	Adults and the elderly. Take two tablets half an hour before bedtime. The tablets should be swallowed whole with a little liquid.	
available as	60 film coated tablets.	
active ingredients	Each film coated tablet contains 300mg of extract (as dry extract) from Valerian root ( <i>Valeriana officinalis</i> L.) (equivalent to 1,500mg – 1,800mg of Valerian root). Extraction solvent: Ethanol 70% v/v.	
warning	Do not exceed the stated dose. DO NOT TAKE this product if you are: <ul style="list-style-type: none"><li>• allergic to Valerian or any of the other ingredients</li><li>• under 18 years of age</li><li>• pregnant or breastfeeding</li><li>• already taking a medicine for sleep</li></ul> Valerian may make you feel drowsy. If affected do not drive or operate machinery. The effects of Valerian can be increased by alcohol and excessive alcohol consumption should be avoided. You must consult your doctor or a qualified healthcare practitioner if your symptoms worsen or do not improve after four weeks.  Do not store above 25°C. Store in original packaging. Keep out of sight and reach of children.	
registration info	Manufactured in the UK for Healthspan Ltd, PO Box 64, Guernsey, GY1 1BT. Telephone: 0800 73 123 77. Email: <a href="mailto:herbalinfo@healthspan.co.uk">herbalinfo@healthspan.co.uk</a> THR holder: Thompson & Capper Ltd, Hardwick Road, Astmoor, Runcorn, Cheshire, WA7 1PH. <b>THR 01359/0004</b>	

Healthspan

Healthspan Ltd, PO Box 64, St Peter Port, Guernsey GY1 3BT.  
Tel: 0800 73 123 77 Fax: 01481 713 790 [www.healthspan.co.uk](http://www.healthspan.co.uk)

\*Colour of the tablet shown here may differ slightly. This has no effect on the quality of the product and is part of the natural manufacturing process. Tablet not shown to actual size.

## Healthspan Valerian SleepAid

Tablets

Valerian Root Extract 300mg

**Please read this leaflet carefully before you start taking these tablets.**  
It contains some important information about Healthspan Valerian SleepAid.  
**Keep this leaflet with the tablets.**

You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

### 1. What this product is and what it is used for

This product is a traditional herbal medicinal product containing Valerian root extract. Each film coated tablet contains 300mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 1,500mg – 1,800mg of Valerian root). **Extraction solvent:** Ethanol 70% v/v.

**Healthspan Valerian SleepAid is a traditional herbal medicinal product used to aid sleep and for the temporary relief of sleep disturbances, based on traditional use only.**

### 2. Before you take this product

**DO NOT TAKE** this product if you are:

- under 18 years of age
- pregnant or breast-feeding
- allergic to any of the ingredients (see section 6)
- already taking a medicine which makes you drowsy

The effects of this product may be increased by alcohol. Excessive use of alcohol should therefore be avoided.

**Driving or operating machines:**

This product may cause drowsiness. If affected do not drive or operate machines.

### 3. How to take this product

**Adults and the elderly.**

**Take 1 to 2 tablets half an hour before bedtime.** Swallow the tablet whole with a little liquid.

Do not chew the tablet.

As the effects of this product may not occur immediately, the tablets should be taken every day for 2-4 weeks.

**Do not exceed the stated dose.**

**If you take too much of this product (overdose)**

If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

**If you forget to take this product**

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose.

**If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.**

### 4. Possible side-effects

Like all medicines, this product can have side-effects. These are listed below.

**Side-effects**

- nausea or feeling sick
- abdominal cramps

If these persist for more than a few days, or become troublesome, stop taking this product.

**If you notice any other side-effect not mentioned above, or if any side-effect becomes serious, tell your doctor or pharmacist.**

You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call freephone 0800 100 3352 (available 10am-2pm Monday-Friday).

**After taking this product**

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after four weeks, or if side-effects not mentioned in this leaflet occur.

### 5. How to store this product

**Do not use your tablets after the expiry date.** Return any out-of-date tablets to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack.

**Store the tablets in a cool dry place.** Do not store the tablets in a place where the temperature goes above 25°C.

**Keep the tablets out of the reach and sight of children.**

**Keep your tablets in the blister pack until it is time to take them.**

### 6. Further information

**Active Ingredient:**

Each film coated tablet contains 300mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 1,500mg – 1,800mg of Valerian root).

**Extraction solvent:** Ethanol 70% v/v.

**This product also contains the following ingredients:**

**Excipients in the extract:** Maltodextrin, Colloidal Anhydrous Silica.

**Tablet core:**

Maltodextrin, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Colloidal Anhydrous Silica.

**Tablet coating:**

Hypromellose, Glycerol.

**What Healthspan Valerian SleepAid looks like and contents of the pack:**

Each pack contains 60 film coated tablets.

**Registration holder and manufacturer of this product**

Thompson & Capper Ltd, Hardwick Road, Astmoor, Runcorn, Cheshire, WA7 1PH.

Traditional herbal registration number: THR 01359/0004

If you would like further information about this product, please contact: Healthspan Ltd, PO Box 64, Guernsey, GY1 1BT

Telephone: 0800 73 123 77. Email: [herbalinfo@healthspan.co.uk](mailto:herbalinfo@healthspan.co.uk)

THR 01359/0004



certification mark

**Healthspan**