

Valerilano



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Valerian, Vitamin B6, Eschscholzia, Passiflora

Average contents	Per 2 tab	NRV%*
Valerian d.e.	360 mg	
of which valerenic acids	1,44 mg	
Eschscholzia d.e.	160 mg	
of which protopin	0,56 mg	
Passionflower d.e.	160 mg	
of which vitexin	5,6 mg	
Vitamin B6	2 mg	142

Gluten free. Naturally lactose free.



Ingredients:

Valeriana officinalis L. root d.e. (tit 0,4%Valerenic acid); Bulking agent: Microcrystalline Cellulose; Eschscholzia californica Cham. grass d.e. (tit 0.35% Protopin); Passionflower incarnata L. herb with flowers d.e. (tit 3.5% Vitexin); Anti-caking agents: Salts of magnesium of fatty acids, Dioxide silicon; Pyridoxine HCL (Vit. B6).

(The recommended dose is 1-2 tablets per day.)

Reference

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7585905/>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7109475/>
 - <https://pubmed.ncbi.nlm.nih.gov/17585957/>
- Milan Fedurco, Jana Gregorová, Kristýna Šebrlová, Jana Kantorová, Ondřej Peš, Roland Baur, Erwin Sigel, Eva Táborská Biochem Res Int. 2015; 2015: 617620. Published online 2015 Oct 5. doi: 10.1155/2015/617620 PMID: PMC4609799
- https://www.researchgate.net/publication/282445575_P8b002_The_effect_of_dietary_intake_of_vitamin_B6_on_sleep_quality_and_insomnia

Marketing Authorisation holder:
PHARMILANO S.R.L Via Carlo Poma no. 32. Milano, Italy
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Made in Italy



Maintaining restful sleep



Treating insomnia and lowering anxiety



30 Tablets

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Valerilano is an advanced formulation food supplement for natural sleep management without any "narcotic" hangover.

- Treating insomnia and lowering anxiety
- Maintaining restful sleep

Valerian d.e (Valeriana officinalis):

Valerian is an herb that's commonly used as an ingredient in sleep aids as a result of its calming properties. Valerian increases the levels of a chemical known as gamma-aminobutyric acid (GABA) in the brain, and it has a mechanism of action similar to benzodiazepines, however, instead of binding to the gamma subunit like a benzodiazepine, it appears to bind to the beta subunit on the GABA-A receptor instead. A 2020 review that included 60 studies concluded that valerian could be a safe and effective treatment to promote sleep and prevent associated disorders.



Eschscholzia d.e.: (Eschscholzia californica Cham.):

California poppy is used for trouble sleeping (insomnia), aches, nervous agitation, and relaxation. According to EMA (European Medicines Agency), Eschscholzia can be used for relieving mild stress symptoms and mental fatigue and reconciling good sleep. A study used a combination of Eschscholzia californica Cham. and Valeriana officinalis L. extracts for adjustment insomnia, results suggest that the tested combination of Eschscholzia and valerian extracts could be beneficial for the management of insomnia in adults.

<p>INCLUSION</p> <p>Adjustment Insomnia</p> <p>18 - 65 years Insomnia Severity Index (ISI) score >7 Anxiety scor (HAM-A) between 1 and 29</p>	<p>SUPPLEMENT</p> <p>Combination:</p> <ul style="list-style-type: none"> Eschscholzia californica Cham + Valeriana officinalis * <p>Max 4 tablets/day</p>	<p>AFTER 4 WEEKS OF SUPPLEMENT USE</p> <p>ISI score: ~ 30%</p> <p>Night sleep: +36 min</p> <p>Awakenings: ~ 36 %</p> <p>Duration of awakening: -25 min</p> <p>HAM-A score: ~ -50 %</p> <p>➤ Efficiency and quality of sleep</p>
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* 1 = 80 mg Eschscholzia californica Cham + 32 mg Valeriana officinalis Cham

Passiflora d.e.: (Passiflora Incarnata L.):

works directly on the central nervous system to help support normal sleep that may have been disrupted by stress, and muscle spasms. Some studies declare Passiflora is a sleep inducer and it would reduce REM sleep phase both in terms of duration and frequency. Some studies claim that some Passiflora flavonoids are able to bind to benzodiazepine receptors located in the brain, explaining thus the sedative action of this plant.

Vitamin B6 (or Pyridoxine):

vitamin B6 supports sleep by helping to boost the production of melatonin and helps the brain develop and function properly. Studies show a considerable link between B6 and curbing sleep deprivation.



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