Creative Enzymes®

Valerian powder

Cat. No. EXTZ-651

Lot. No. (See product label)

Introduction

Description	Valerian powder is made from the root of the valerian plant and is rich in valerenic acid, a neurotransmitter that helps regulate sleep and alleviate anxiety. As such, valerian powder is particularly effective in promoting relaxation and improving sleep quality. Additionally, it contains essential vitamins and minerals such as calcium, magnesium, B vitamins, and beta-carotene, all of which are beneficial for overall health. Valerian powder not only aids in enhancing sleep and reducing anxiety but also supports the body's nutritional needs, offering a wide range of health benefits.

Product Information

Form	Powder