



VALERIAN HARD CAPSULES

Valerian root dry extract

Important notes

Please read all of this leaflet carefully before you use this traditional herbal medicine because it contains important information for you:

- Always take this traditional herbal medicine exactly as described in this leaflet or as your doctor or pharmacist has told you
- Keep this leaflet. You may need to read it again
- Ask a healthcare professional e.g. a doctor or pharmacist if you need more information or advice
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet
- You must talk to a doctor if you feel worse or do not feel better after 2 weeks of taking this traditional herbal medicine

What is in this leaflet

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1 - What this traditional herbal medicine is and what it is used for

Nature's Bounty Valerian Hard Capsules is a traditional herbal medicine used for the relief of symptoms of mild mental stress and to aid sleep. This is exclusively based upon long-standing use.

2 - What you need to know before you take this traditional herbal medicine

Do not take this traditional herbal medicine if you are:

- Under 18 years of age
- Pregnant or breastfeeding
- Allergic to Valerian or any of the inactive ingredients in this traditional herbal medicine (listed in section 6 of this leaflet)
- Already taking a medicine which can cause drowsiness

Warnings and Precautions

The effects of this traditional herbal medicine may be increased by alcohol. Excessive use of alcohol should therefore be avoided.

Children and adolescents

Do not give this traditional herbal medicine to children or adolescents under the age of 18 years as it is not known if it is safe to do so.

Other medicines and Nature's Bounty Valerian Hard Capsules including traditional herbal medicines

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including herbal medicines such as this one, or other medicines that didn't require a prescription.

Pregnancy, breastfeeding and fertility

Do not take this traditional herbal medicine if you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, as it is not known if it is safe to do so.

Driving and using machinery

Nature's Bounty Valerian Hard Capsules may cause drowsiness. If you are affected, do not drive or operate machinery.

3 - How to take this traditional herbal medicine

Always take this traditional herbal medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

For oral short-term use only.

Adults and older people:

For the temporary relief of symptoms of mild mental stress: Take 1 capsule 3 times daily. Swallow the whole capsule with water.

To aid sleep: Take 1 capsule 30 minutes before bedtime with an earlier dose during the evening if necessary. Swallow the whole capsule with water.

As treatment effects of this traditional herbal medicine may not be apparent immediately, the capsules should be taken continuously for 2 weeks. Please see your doctor if your symptoms of mild mental stress and sleeplessness worsen or persist after you have taken this traditional herbal medicine for 2 weeks.

The maximum dose is 4 capsules per day.

Do not exceed the stated dose.

If you take more Nature's Bounty Valerian Hard Capsules than you should (overdose): Speak to a qualified healthcare professional e.g. a doctor or pharmacist immediately and take this leaflet and bottle with you.

If you forget to take this traditional herbal medicine:

Do not take a double dose to make up for the missed dose(s). Continue to take your usual dose at the usual time. It does not matter if you have missed a dose.

More information on back panel

If you have further questions on the use of this traditional herbal medicine, please ask a healthcare professional e.g. a doctor or pharmacist.

If symptoms worsen or do not improve after 2 weeks, or if side effects listed in this leaflet become serious or if any side effects not listed in this leaflet occur, a doctor or a pharmacist should be consulted.

4 - Possible side effects

Possible side effects are:

- Stomach pains
- Feeling sick

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via:

HPRa Pharmacovigilance
Earlsfort Terrace
IRL - Dublin 2

Tel: +353 1 6764971

Fax: +353 1 6762517

Website: www.hpra.ie

E-mail: medsafety@hpra.ie

By reporting side effects you can help provide more information on the safety of this medicine.

5 - How to store this traditional herbal medicine

- Keep this traditional herbal medicine out of sight and reach of children
- Keep this traditional herbal medicine in the bottle until it is time to take it
- Do not use this traditional herbal medicine after the expiry date which is stated on the carton and bottle label after 'EXP'. The expiry date refers to the last day of that month
- Do not store above 25°C
- Keep the bottle tightly closed in order to protect from light and moisture

6 - Contents of the pack and other information

What this traditional herbal medicine contains:

Each hard capsule contains 337mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 1683mg-2020mg of Valerian root).

Extraction solvent: Ethanol 70% v/v.

This traditional herbal medicine also contains the following inactive ingredients (excipients):
Magnesium stearate.

Inactive ingredients (in the extract):

Maltodextrin, Silica colloidal anhydrous.

Capsule shell: Hypromellose.

What Nature's Bounty Valerian Hard Capsules look like and contents of the pack: Each bottle contains 30 or 60 clear, two piece hard capsules with grey/brown fill.

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Traditional Herbal Registration Holder

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If you would like further information about this medicine, please contact:

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