



Valerian 30 Capsules Nutrabasics Drasanvi

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Description

Valerian is a plant traditionally used to help cope with stress and maintain a good quality of sleep. In addition to this, valerian has other properties that include aiding digestion.

Ingredients

Valerian Dry Extract (Root) (*Valeriana officinalis* L., Ratio 4:1, valeric acid 0,4%) 350 mg, Casing (Hydroxypropyl Methylcellulose)

, Bulking Agent (*Microcrystalline Cellulose*) , Bulking Agent (*Magnesium salt of fatty acid*) , Anti-Caking Agent (*Silicon Dioxide*)

Directions

Take one capsule daily before going to bed.

Presentation

Contains 30 capsules, 486 mg each. Total weight: 14,60 g (0.50 oz)

Warnings

Food supplement based on plants.

Food supplements should not be used as a substitute for a balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of younger children. Store in a cool, dry place.

Additional Information

The use of dry extract

We use dry plant extract instead of powdered plant extract in our valerian capsules. This allows us to concentrate the product, giving exactly the same results just using less of it. For this product we have chosen valerian extract with a ratio of 4:1, which means that we have used 1400 mg of the plant to obtain 350 mg of the extract. "Dry extract" refers to a specific extraction process, during which the active ingredients are retained, while the impurities and other substances that are not needed are removed. The use of plant extracts has a number of advantages over vegetable-based and powdered forms:

1. It is possible to measure the exact amount of active ingredients (standardised extracts)
2. Products based on plant extract are more concentrated than those made from powdered form (a concentrated dose is easy to take)
3. The assimilation of the active ingredients alone is easier than the assimilation of all of the compounds of the plant because there are impurities and fibres present in the powder.

Standardised extracts

Another important advantage of our product is the use of standardised extract, i.e. the provision of active plant ingredients remains constant over time. In the case of valerian, this extract is valerianic acids and it provides you with 1.4 mg per daily dose.

Concentrated dose, easy to take

The use of concentrated dry extract and active ingredients allows us to provide the same dose in just one capsule.

Vegetable-based capsules

The capsules we use are vegetable-based, made from hydroxypropyl methylcellulose, and have been certified by the Vegetarian Society. Hydroxypropyl methylcellulose is obtained from the cellulose found in various plant structures.

Free from allergens

We have ensured that our valerian capsules have not come into contact with the most common allergens, in particular with gluten.

Blister packs

Our valerian capsules come in blister packs: they protect the contents from any knocks as well as from environmental factors, ensuring that the product remains intact for as long as possible. This type of packaging is the best for protection against humidity and microbial contamination.

Allergen Information

Allergen-free

Certifications

