

# Valerian

*Valeriana officinalis* 15 ml

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PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- Provides a grounding, earthy aroma.
- Ideal to use as part of a restful night-time routine.
- A unique flavouring to help promote welcoming, tranquil moments.

## PRODUCT DESCRIPTION

From the Latin 'valere' meaning 'to be well', valerian is a perennial flowering plant with pink blossoms that bloom in the spring when the plant roots are harvested. One of the oldest and most well-studied qualities of Valerian essential oil is its ability to support restful feelings, dating back to ancient Greek and Roman times. The oil itself is steam distilled from valerian root, rich in sesquiterpenes and sesquiterpenols, known for their relaxing properties. Valerian essential oil may help to calm and ease during moments of unrest and provide a grounding, earthy aroma when used in recipes and at-home remedies.

## USES

- Include in your favourite evening beverage.
- Add a warm, comforting flavour to savoury or sweet dishes by adding Valerian.
- Turn to Valerian during periods of unrest to offer comfort and groundedness.

## DIRECTIONS FOR USE

For food flavouring.

## CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Not recommended for children under the age of 3. Keep out of eyes and mucosa. Keep tightly closed and store in a cool place.

