

# Valerian Root And Cats

Clemens Wendtner

*Valerian: Insomnia Uses, Warnings, Side Effects, Dosage* What is valerian, and what is it used for? Valerian is an herbal supplement made from Valeriana species of perennial plants, used as a mild sleep aid in people with insomnia. *Valerian (herb) - Wikipedia* Valerian (*Valeriana officinalis*, Caprifoliaceae) is a perennial flowering plant native to Europe and Asia. It produces a catnip -like response in cats. Crude extracts of valerian root may have ... **Valerian Uses, Side Effects & Warnings - Drugs.com** Sep 30, 2024 · Valerian: side effects, dosage, interactions, FAQs, reviews. Used for: anxiety, anxiety and stress, depression, herbal supplementation, insomnia, menopausal disorders, and ... **Valerian: A safe and effective herbal sleep aid? - Mayo Clinic** Feb 15, 2018 · Results from multiple studies indicate that valerian — a tall, flowering grassland plant — may reduce the amount of time it takes to fall asleep and help you sleep better. Of the ... *Valerian for Anxiety or Sleep, Insomnia - WebMD* Jul 27, 2025 · Many people throughout the world use valerian to treat insomnia and anxiety. However, it's important to use this herb with caution. WebMD explains. [Valerian - Health Professional Fact Sheet](#) Valerian is an herb sold as a dietary supplement in the United States. Valerian is a common ingredient in products promoted as mild sedatives and sleep aids for nervous tension and ... [Valerian: How Does It Help You Relax and Get Better Sleep?](#) Aug 29, 2023 · Valerian is an herb that's commonly used as an ingredient in sleep aid supplements. It may also help you relax, as well as help reduce mood symptoms like anxiety. **Valerian Supplement: Uses, Warnings & Side Effects** Valerian is an herbal or dietary supplement. Some claim valerian helps you relax, sleep and reduce stress. **Valerian Root Benefits, Uses, Dosage and Side Effects - Dr. Axe** Sep 23, 2023 · Valerian root benefits and uses extend to insomnia, anxiety and blood pressure. See the dosage recommendations along with its benefits. *VALERIAN - Uses, Side Effects, and More - WebMD* Valerian (*Valeriana officinalis*) is an herb native to Europe and parts of Asia. Valerian root has a long history of use as a sedative. Valerian can grow to be just over 6 feet tall and has a...

Reviewing **Valerian Root And Cats**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing.

Within the pages of "**Valerian Root And Cats**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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