

Drugs and Health Products

Product Information

[User Guide](#)

[Terminology Guide](#)

[Compendium of Monographs](#)

[New Search](#)

Natural Product Number: 80024558
Current Status: Active
Brand Name(s): Bpt Valerian Softgels Usp 1000 Mg
Name of Licensee: BioPharmtech Canada Ltd.
Dosage Form: Softgel
Recommended Route of Administration: Oral

Recommended Dose:

Sub Population (Sub Pop.)					Amount				Frequency (Freq.)			
Sub Pop.	Age	Min.	Max.	UoM* Age	Quantity (Qty)	Min.	Max.	UoM* Qty	Freq.	Min.	Max.	UoM* Freq.
Adults					1.0			softgel	3			day(s)
Adults					3.0			softgel	1			day(s)

* UoM: Unit of Measure

Recommended Use or Purpose:

(Traditionally used in Herbal Medicine to) help(s) relieve nervousness (calmative/sedative). (Traditionally used in Herbal Medicine as a) sleep aid / (to) help(s) to promote sleep.

Risk Information:

Cautions and Warnings

Consult a health care practitioner if symptoms persist. Consult a health care practitioner if symptoms worsen. Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Sleep aid: Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia)

Known Adverse Reactions

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness within 2 hours of consumption.

Medicinal Ingredients	Quantity per Dosage Unit	Extract	Potency
Valeriana officinalis L. (Valerianaceae)	250.0 mg	4 : 1 DHE: 1000 mg	