

## **ayicina** Valerian

### **Oral liquid as Complementary Treatment for Stress, Nervous Pressure & Insomnia**

**Anxiety** is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. Anxiety, the most prevalent psychological problems around the world, affect how we feel and behave, and they can manifest real physical symptoms such as dry mouth, palpitations, sleeping problems, shortness of breath, cold or sweaty hands and/or feet, feelings of fear, and uneasiness.

**Insomnia** is a common sleep disorder defined by night time symptoms including persistent difficulties falling and/or staying asleep and/or non-restorative sleep and daytime symptoms including diminished sense of well being, compromised functioning such as difficulties with concentration and memory, fatigue and concerns. Insomnia is often a symptom of another problem, such as stress, anxiety, depression, or an underlying health condition.

**ayicina** Valerian oral liquid is a pure herbal extract produced from “*Valeriana officinalis*” which is sedative, anti-anxiety, and hypnotic and without any side effects.

Valerian, a popular alternative medication for sleep problems, can help fall asleep faster and improve sleep quality. Active substances of Valerian also help ease anxiety, nervous tension and restlessness.

Take one spoon, twice a day.

#### **Notes:**

- Valerian should not be used during pregnancy.
- Due to sedative properties, avoid engaging in hazardous tasks requiring complete mental alertness such as driving or operating machinery.
- Usage of this product increases effects of other sedative product.
- Keep out of reach of children.