

HERB	ACTIONS & USAGE	FORM & SUGGESTED DOSE	PRECAUTIONS
Lavender Essential Oil	See Above.	See Above.	See Above.
Passionflower	See Above.	See Above.	See Above.
Valerian Root <i>(Valeriana officinalis)</i>	Sedative, relaxing nervine, anti-spasmodic, anxiolytic. A strong herbal sedative that works well for most people with sleep problems. Also useful for muscular pain, menstrual cramps, and severe anxiety.	Tea – Steeped: 1-2 tsp/cup, 1-4x/day or 30 minutes before bedtime. Liquid Extract: 10-60 drops, 1-4x/day or 30 minutes before bedtime.	Long-term use may lead to withdrawal-like symptoms. Caution with sedative drugs.