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Valerian Root

Search for medical details concerning valerian root oral on iMedix including its uses, side effects and safety, interactions, pictures, warnings and user ratings.

- **ActiveIngredient:**
- **DosageForm:**
- **Dosage:**
- **Indications:**
- **Manufacturer:**
- **Storage:**
- **Market Price:**
- **Drug Status:**

Description

Side Effects Headache, restlessness, upset stomach, or drowsiness/tiredness after waking up may occur. If any of these effects last or get worse, tell your doctor or pharmacist promptly. Tell your doctor right away if you have any serious side effects, including: nausea/vomiting that doesn't stop, stomach/abdominal pain, yellowing eyes/skin, dark urine, extreme tiredness. A very serious allergic reaction to this product is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US – In the US – Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at www.fda.gov/medwatch. In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. Uses Valerian root has been used for sleep problems (insomnia). Some herbal/dietary supplement products have been found to contain possibly harmful impurities/additives. Check with your pharmacist for more details about the brand you use. The FDA has not reviewed this product for safety or effectiveness. Consult your doctor or pharmacist for more details. How to use Valerian Root Take this product by mouth, usually 30 minutes to 2 hours before bedtime or as directed. Follow all directions on the product package. If you have any questions, ask your doctor or pharmacist. This herbal product should not be used for more than 4 weeks. To reduce the chance of possible side effects when stopping extended use of valerian, do not suddenly stop taking it. Your dose may need to be gradually decreased over 1 to 2 weeks before stopping completely. Consult your doctor or pharmacist for more details. If your condition lasts or gets worse, or if you think you may have a serious medical problem, get medical help right away. **Precautions** Before taking valerian, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. If you have any of the following health problems, consult your doctor or pharmacist before using this product: liver problems. Liquid forms of this product may contain sugar and/or alcohol. Caution is advised if you have diabetes, alcohol dependence, or liver disease. Ask your doctor or pharmacist about using this product safely. This product may make you drowsy. Alcohol or marijuana (cannabis) can make you more drowsy. Do not drive, use machinery, or do anything that needs alertness until you can do it safely. Avoid alcoholic beverages. Talk to your doctor if you are using marijuana (cannabis). This product is not recommended for use during pregnancy. Consult your doctor before using this product. It is unknown if this

product passes into breast milk. Consult your doctor before breast-feeding. Overdose If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Symptoms of overdose may include: unusual tiredness, stomach cramping, chest tightness, shaking of hands/feet. With long-term use, lab and/or medical tests (such as liver function) should be done while you are taking this product. Keep all medical and lab appointments. Consult your doctor for more details. Not applicable. Refer to storage information printed on the package. If you have any questions about storage, ask your pharmacist. Keep all medications and herbal products away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company. Interactions Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Tell your doctor or pharmacist if you are taking other products that cause drowsiness such as opioid pain or cough relievers (such as codeine, hydrocodone), alcohol, marijuana (cannabis), other drugs for sleep or anxiety (such as alprazolam, lorazepam, zolpidem), muscle relaxants (such as carisoprodol, cyclobenzaprine), or antihistamines (such as cetirizine, diphenhydramine). Check the labels on all your medicines (such as allergy or cough-and-cold products) because they may contain ingredients that cause drowsiness. Ask your pharmacist about using those products safely.

Side Effects

Uses

Interactions

Other Details
