

Herb	<i>Pharmacological actions</i>	Suggested uses	Directions and safety precautions
Valerian Root <i>Valerianaofficinalis</i>	Sedative effect	Acts as a sedative improves circulation and reduces mucus from colds. Anxiety, insomnia, high blood pressure, depression, stress and tension.	Decoction Stay within the recommended dosages. Should not combine with alcohol.
Vervian <i>Verbena officinalis</i>		Strengthens the nervous system. Promotes liver and gallbladder health. Reduces tension and stress. Induces sweating. Promotes menstruation and increases mother's milk. Useful for mild depression, insomnia, headaches.	Infusion Not when pregnant
Veronica Speedwell <i>Veronica officinalis</i>		Muscular spasms, indigestion, cholesterol.	

NB This information is not intended to substitute a competent Health Care professionals advice or treatment.