



Baldrian Plus

Baldrian Plus is a natural relaxant that is effective for muscle tension, muscle spasm, and anxiety. It is safe, natural, and non-habit forming.

How does Baldrian Plus work?

Baldrian Plus works by increasing the secretion and inhibiting uptake of the neurotransmitter GABA (Gamma-aminobutyric acid) to aid in muscle and mind relaxation. Baldrian Plus also combines Passion Flower, Lemon Balm, Hops and a specific Magnesium to assist in relief of muscle spasm and muscle tension.

What Conditions May Benefit?

Pain associated with Muscle Spasm from trauma, injury or overexertion. Spasms due to subluxation, displacement and neural issues. Headache associated with muscle tension. States of mild anxiety.

Vitaminerals and Valerian

The major drawback of Valerian as noted in clinicals, is widely varying differences in extract preparations. Vitaminerals pioneered the use of Valerian to the professional market over 50 years ago with a biological assay providing consistent results. Still today, the amount of Valerian in each batch is adjusted for these natural variations to provide the same biological activity every time.

Supplement Facts		
Serving Size 2 Caplets		
Servings per container 21		
Amount per serving	% Daily Value	
Magnesium	250 mg	63
<small>(carbonate, aspartate, ascorbate, citrate, gluconate, oxide)</small>		
BALDRIAN*	350 mg**	*
Valerian extract		
Passion Flower (herb)		
Lemon Balm (leaf)		
Hops (flower)		

*Daily value not established

Other ingredients: Calcium phosphate, vegetable stearin, modified cellulose, maltodextrin, croscarmellose, sodium starch glycolate, magnesium stearate.