

*Increase Total
Sleep Time &
Sleep Quality*



Capsule / Syrup

Valbrain

Valerian, Melatonin, Pyridoxine
Passionflower, 5-HTP, GABA & more

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Valbrain works in harmony with your natural sleep cycle to help and promote relaxation, so you can leave a busy day behind and get the tranquil rest you deserve. Our formula plays an important role in quality sleep and anti-anxiolytic, relaxing effect and to get rid of depression.

Indications

Valbrain is used in Treatment of:

- Anxiety
- Fibromyalgia
- Jet lag condition
- Nightmares
- Depression
- Sleep Disturbance
- Insomnia
- Relaxing effect

Melatonin: Natural melatonin is a highly lipid soluble hormone produced in the pineal gland in the brain. It is synthesized from the amino acid tryptophan and then released into the blood and cerebrospinal fluid, crossing the BBB. It sends messages to the melatonin receptor agonist in the brain and other areas of the body for maintaining your wake-sleep cycle (also called “biological clock”)

Valerian: Valerian (*V.officinalis*) roots are used in treatment of sleep disturbance associated with stress and mild anxiety. Valerian is thought to enhance the signaling of one of the main sedative neurotransmitters, gamma-aminobutyric acid (GABA).

Passion flower: The Pharmacological activity of *Passiflora* is attributed primarily to the alkaloids and flavonoids. The hramala alkaloids inhibit momoamine oxidase, which act as an anti-depressant and anti-oanxiolytic. Constituent Chrysin (a central benzodiazepine (BZ) ligand) has anxiolytic effects and plays role a as a partial agonist of central BZ receptors. **5-HTP (5-hydroxytryptophan):** 5-HTP is the precursor of the neurotransmitter serotonin. Commercially available 5-HTP is obtained from the seeds of the plant *Griffonia simplicifolia*. Research support is the use of 5-HTP in treating cerebellar Ataxia, headache, depression, psychiatric disorders, and fibromyalgia, and as an appetite suppressant or weight loss agent.

L-Theanine: L-Theanine has structural similarity to glutamine and both neurotransmitters that are produced from it (GABA and glutamate) is known to reach the brain and act in the brain following oral ingestion. The properties of L-theanine can be summed up as being a relaxing agent

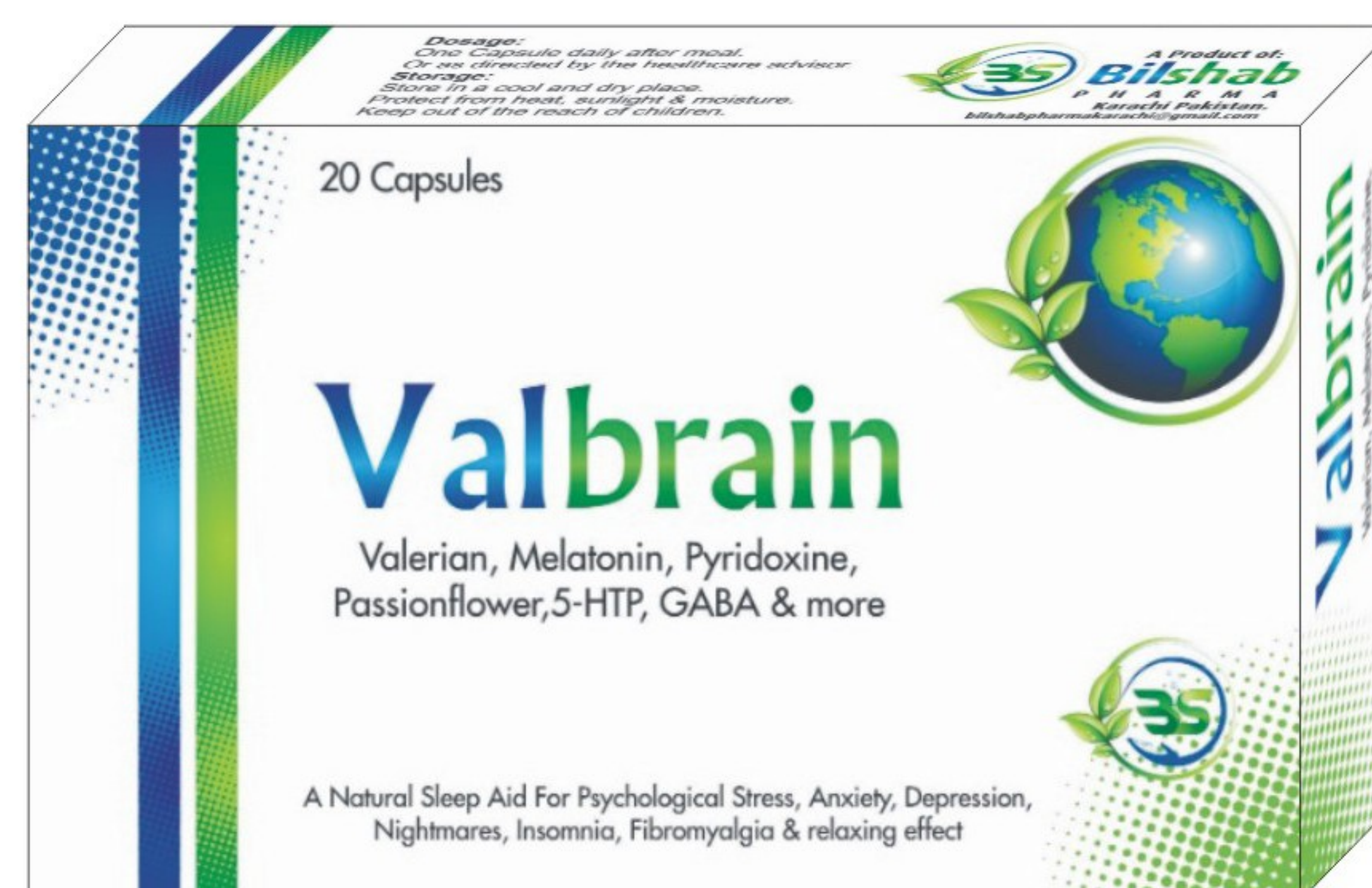
SUPPLEMENT FACTS

Serving Size 1 capsule / 5ml Syrup Contain:

Amount per serving	% D.V.
Vitamin B-6 (as Pyridoxone HCl).....	2mg 100%
5-HTP (L-5Hydroxytryptohpan as Griffonia Simplicifolia seed extract).....	50mg
Melatonin.....	3mg
Valmar Blend.....	519mg

(Valerian (root extract), GABA, L-Glycine, Passionflower (flowering tops extract),
Lemon Balm (herb), English Lavender (flower), L-Theanine

* daily value not established



Dosage:

Capsule: 1 capsule daily or as directed by the healthcare adviser.
Drops: 3 to 4 drops daily or as directed by the physician.

A Product of:
Bilshab
P H A R M A
Karachi Pakistan.
bilshabpharmakarachi@gmail.com