



Australian Government
Department of Health and Aged Care
Therapeutic Goods Administration

Public Summary

Summary for ARTG Entry:	226203	MediHerb Valerian Complex
ARTG entry for	Medicine Listed	
Sponsor	Integria Healthcare Australia Pty Ltd	
Postal Address	PO Box 4854, EIGHT MILE PLAINS, QLD, 4113 Australia	
ARTG Start Date	24/07/2014	
Product Category	Medicine	
Status	Active	
Approval Area	Listed Medicines	

Conditions

Colouring agents used in listed medicine for ingestion, other than those listed for export only under section 25 of the Act, shall be only those included in the list of 'Colourings permitted in medicines for oral use'.

The sponsor shall keep records relating to this listed medicine as are necessary to: (a) Expedite recall if necessary of any batch of the listed medicine, (b) Identify the manufacturer(s) of each batch of the listed medicine. Where any part of or step in manufacture in Australia of the listed medicine is sub-contracted to a third party who is not the sponsor, copies of relevant Good Manufacturing Practice agreements relation to such manufacture shall be kept.

The sponsor shall retain records of the distribution of the listed medicine for a period of five years and shall provide the records or copies of the records to the Complementary Medicines Branch, Therapeutic Goods Administration, upon request.

Where a listed medicine is distributed overseas as well as in Australia, product recall or any other regulatory action taken in relation to the medicine outside Australia which has or may have relevance to the quality, safety or efficacy of the goods distributed in Australia, must be notified to the National Manager Therapeutic Goods Administration, immediately the action or information is known to the sponsor.

Products

1 . MediHerb Valerian Complex

Product Type	Single Medicine Product	Effective Date	17/04/2025
---------------------	-------------------------	-----------------------	------------

Permitted Indications

Traditionally used in Western herbal medicine to decrease/reduce/relieve abdominal spasm
Traditionally used in Western herbal medicine to decrease/reduce/relieve digestive spasms
Traditionally used in Western herbal medicine to antispasmodic/spasmolytic
Traditionally used in Western herbal medicine to calms the mind
Traditionally used in Western herbal medicine to decrease/reduce/relieve restlessness/excess nervous energy
Traditionally used in Western herbal medicine to decrease/reduce/relieve disturbed/restless sleep
Traditionally used in Western herbal medicine to decrease/reduce/relieve sleeplessness
Traditionally used in Western herbal medicine to calmative/nervous system relaxant
Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of mild anxiety
Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of stress
Traditionally used in Western herbal medicine to decrease/reduce/relieve nervous tension/unrest

Indication Requirements

Label statement: If symptoms persist, talk to your health professional.
Product presentation must not imply or refer to mental illnesses, disorders or conditions.
Product presentation must not imply or refer to gastro oesophageal reflux disease.
Product presentation must only refer to mild anxiety.
Product presentation must not imply or refer to serious musculoskeletal or neurological conditions.

Standard Indications

No Standard Indications included on Record

Specific Indications

No Specific Indications included on Record

Warnings

For practitioner dispensing only.
If symptoms persist, seek the advice of a healthcare professional.
In rare cases, valerian may harm the liver. Stop use and see a doctor if you have yellowing skin/eyes or unusual: fatigue, nausea, appetite loss, abdominal



Australian Government
Department of Health and Aged Care
Therapeutic Goods Administration

pain, dark urine or itching.

Additional Product information

Pack Size/Poison information

Pack Size

Poison Schedule

Components

1 . Formulation 1

Dosage Form Tablet, film coated

Route of Administration Oral

Visual Identification

Active Ingredients

Passiflora incarnata herb Extract dry concentrate	100 mg
Equivalent: Passiflora incarnata (Dry)	500 mg
Valeriana officinalis root and rhizome Extract dry concentrate standardised	140 mg
Equivalent: Valeriana officinalis (Dry)	700 mg
Ziziphus jujuba var. spinosa seed Extract dry concentrate	90 mg
Equivalent: Ziziphus jujuba var. spinosa (Dry)	900 mg

Other Ingredients (Excipients)

calcium hydrogen phosphate dihydrate
colloidal anhydrous silica
hypromellose
magnesium stearate
maltodextrin
microcrystalline cellulose
silicon dioxide
sodium starch glycollate

© Commonwealth of Australia. This work is copyright. You are not permitted to re-transmit, distribute or commercialise the material without obtaining prior written approval from the Commonwealth. Further details can be found at <http://www.tga.gov.au/about/website-copyright.htm>.

Public Summary