

VALERIANATE

Meaning: Valerianate is a compound derived from valerian root, commonly used in herbal remedies to promote relaxation, sleep, and alleviate anxiety symptoms.

1. Valerianate is often used in herbal remedies to promote relaxation and sleep.
2. The doctor prescribed valerianate to help alleviate the patient's anxiety symptoms.
3. In the study, valerianate showed potential benefits for improving sleep quality.
4. Some people prefer valerianate supplements over traditional sleep medications due to fewer side effects.
5. The calming effects of valerianate have made it a popular choice among those seeking natural alternatives for stress relief.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/valerianate>