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CAPACITÉS' STUDY SHOWS THAT A VALERIAN EXTRACT RELAXES MUSCLES

#functional investigation #neuromuscular exploration #nutraceuticals #dietary supplements #muscle function

PiLeJe Laboratoire distributes dietary supplements in four areas of expertise: nutrition, micronutrition, microbiota and phytonutrition. PiLeJe wanted to analyze the muscle relaxant effect of a valerian root extract in order to find new uses for this product, which until now has been primarily used for sleep and anxiety disorders. Recognized for their knowledge of muscle physiology and their expertise in functional exploration methods for locomotion, Capacités' experts were entrusted with this study.

A PRECLINICAL STUDY TO ASSESS WHETHER A SPECIFIC VALERIAN ROOT EXTRACT CAN AFFECT MUSCLE FUNCTION

PiLeJe has been developing and marketing a valerian root extract for several years now to induce sleep, improve sleep quality and reduce anxiety. Suspecting that this plant extract might have muscle relaxing properties, the laboratory asked the Capacités' experts for a functional investigation of the effects of the extract on skeletal muscle tone. To do this, Capacités and PiLeJe decided to test two doses of the valerian root extract usually administered to humans. Capacités' engineers compared the effects of the valerian doses to those of a commercialized reference product by measuring overall strength, as well as tests assessing strength and endurance. They also used a micro-displacement sensor for functional

investigation at the muscle level. This study demonstrated the effects of the valerian root extract tested on skeletal muscle tone and force.

The study was published in the Journal of Traditional and Complementary Medicine⁽¹⁾, and the results were presented at the 2017 Annual Meeting of the Society for Medicinal Plant and Natural Product Research in Basel.

This project was realized in collaboration with the Therassay platform and Université de Nantes.■

⁽¹⁾ Caudal D et al., J Tradit Complement Med. 2017

Expertise:

- Neuromuscular exploration

CAPACITÉS

Created in 2005, Capacités is the private engineering and research valorisation subsidiary of the University of Nantes. It employs 90 employees, mainly engineers and PhDs, who work directly with scientists in the research laboratories.



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