



Herbalstore Valerian Sleep Relief Gerard House Valerian Peaceful Sleep

THR 20894/0077

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**Herbalstore Valerian Sleep Relief
Gerard House Valerian Peaceful Sleep**

THR 20894/0077

LAY SUMMARY

The Medicines and Healthcare products Regulatory Agency (MHRA) granted Brunel Healthcare Manufacturing Limited a Traditional Herbal Registration Certificate for the traditional herbal medicinal product Herbalstore Valerian Sleep Relief/Gerard House Valerian Peaceful Sleep (Traditional Herbal Registration number: THR 20894/0077) on 06 September 2018. Herbalstore Valerian Sleep Relief/Gerard House Valerian Peaceful Sleep is available without prescription and can be obtained from pharmacies and non-pharmacy outlets.

Herbalstore Valerian Sleep Relief/Gerard House Valerian Peaceful Sleep is a traditional herbal medicinal product used for the temporary relief of sleep disturbances due to symptoms of mild anxiety, based on traditional use only. The active ingredient in Herbalstore Valerian Sleep Relief/Gerard House Valerian Peaceful Sleep comes from the roots of the Valerian plant (*Valeriana officinalis* L.).

This registration is based exclusively upon the longstanding use of extract from Valerian root (*Valeriana officinalis* L.) as a traditional herbal medicine and not upon data generated from clinical trials. There is no requirement under the Traditional Herbal Registration Scheme to prove scientifically that a product works.

No new or unexpected safety concerns arose from this application and it was, therefore, decided that a Traditional Herbal Registration Certificate could be granted.

**Herbalstore Valerian Sleep Relief
Gerard House Valerian Peaceful Sleep**

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SCIENTIFIC DISCUSSION

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INTRODUCTION

The Medicines and Healthcare products Regulatory Agency (MHRA) granted Brunel Healthcare Manufacturing Limited a Traditional Herbal Registration Certificate for the traditional herbal medicinal product Herbalstore Valerian Sleep Relief/Gerard House Valerian Peaceful Sleep (Traditional Herbal Registration number: THR 20894/0077) on 06 September 2018. Herbalstore Valerian Sleep Relief/Gerard House Valerian Peaceful Sleep is available as general sales list (GSL) product.

The application was submitted according to Article 16.c of Directive 2001/83 EC, as amended, as part of the Traditional Herbal Medicines Registration Scheme. Herbalstore Valerian Sleep Relief/Gerard House Valerian Peaceful Sleep is a traditional herbal medicinal product used for the temporary relief of sleep disturbances due to symptoms of mild anxiety based on traditional use only.

The data supplied by the applicant demonstrates 30 years of traditional use of Valerian root in the European Community. A satisfactory review of the available safety data on Valerian root has also been provided, together with an Expert Safety Report supporting the proposed products.

PHARMACEUTICAL ASSESSMENT

HERBAL SUBSTANCE: VALERIAN ROOT
Latin name of the plant: *Valeriana officinalis* L.
Plant family: Valerianaceae

Manufacture of Herbal Substance

The herbal substance corresponds to the dried, whole or fragmented underground parts of *Valeriana officinalis* L., including the rhizome surrounded by the roots and stolons.

The Valerian root is cultivated in Poland and The Netherlands. The crops grow with rainwater, in normal weather conditions, they are not irrigated. They are harvested mechanically after flowering from September to November. Following harvest, the Valerian roots are machine washed and dried.

The herbal substance is produced and collected in accordance with Good Agricultural and Collection Practice (GACP) guidelines. Pesticides are used during the production of this herbal substance. It is confirmed that ionising radiation, ethylene oxide, methyl bromide or phosphorus hydrogen/phostoxin is not used.

Control of Herbal Substance

An appropriate specification based on the Ph Eur monograph is applied and is acceptable. The specification is supported by the batch data provided.

Container Closure System

Satisfactory details of the container closure system are provided and confirmation has been given that all components of the container closure system comply with current legislation relating to plastic materials and articles intended to come into contact with foodstuffs.

Stability of Herbal Substance

Confirmation is given that the herbal substance will be tested prior to being used to make the herbal preparation. A shelf-life for the herbal substance is not necessary because it is only a precursor of the active substance, the herbal preparation. The actual guideline requires stability testing data for the herbal preparation and the herbal product in the application documents and not for the herbal substance.

HERBAL PREPARATION: VALERIAN ROOT DRY EXTRACT
Drug extract ratio (DER): 4.5-6:1
Extraction solvent: Ethanol 60% v/v

Manufacture of Herbal Preparation

A satisfactory description of the manufacturing process of the herbal preparation and flow diagram has been provided. The in-process controls are satisfactorily detailed. The manufacture of the herbal preparation is considered a standard procedure.

Control of Herbal Preparation

A satisfactory specification with appropriate tests and limits has been provided for the herbal preparation.

Satisfactory analytical procedures are used to control the quality of the herbal preparation. Analytical procedures have been validated, as appropriate.

Certificates of Analysis have been provided for production batches of the herbal preparation, demonstrating satisfactory compliance with the proposed specification.

Container Closure System

An appropriate container closure system is used to store the herbal preparation.

Stability of Herbal Preparation

Stability studies have been performed in accordance with current guidelines. The proposed re-test period and storage conditions for the herbal preparation are acceptable.

**HERBAL PRODUCT: HERBALSTORE VALERIAN SLEEP RELIEF
 GERARD HOUSE VALERIAN PEACEFUL
 SLEEP**

Description and Composition of Herbal Product

The herbal product is a grey, mottled, circular biconvex, clear film-coated tablet. Each film-coated tablet contains 100mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (4.5-6:1) (equivalent to 450mg – 600mg of Valerian root). The tablets also contain the pharmaceutical excipients maltodextrin and colloidal anhydrous silica (from the herbal preparation), calcium hydrogen phosphate, microcrystalline cellulose, stearic acid and magnesium stearate (which make up the tablet core) and hypromellose and talc (which make up the tablet film coat).

The compatibility of the herbal preparation with the excipients is demonstrated by the stability testing results. All the excipients are controlled in line with their respective Ph Eur monograph. Satisfactory Certificates of Analysis are provided for all excipients.

Manufacture of Herbal Product

A flow diagram outlining the various stages of the manufacturing process and the in-process controls is provided.

In-process controls are appropriate considering the nature of the product and method of manufacture. The manufacturing process has been validated at pilot scale batch size and has shown satisfactory results. The process validation protocol to be followed for full-scale production batches has been provided and is satisfactory.

Control of Herbal Product

A satisfactory specification with appropriate tests and limits has been provided for the herbal preparation.

Satisfactory analytical procedures are used to control the quality of the herbal preparation. Analytical procedures have been validated, as appropriate.

Certificates of Analysis have been provided for batches of the herbal preparation, demonstrating satisfactory compliance with the proposed specifications.

Container Closure System

The film-coated tablets are stored in polyvinylchloride/ polyvinylidene chloride (PVD/PVdC) laminate/ aluminium foil blister strips in a cardboard carton. And are available in pack sizes of 24, 30, 48, 60, 90 or 120 tablets. Not all pack sizes may be marketed.

Suitable specifications have been provided by the packaging suppliers and it has been confirmed that all primary packaging materials comply with current regulations.

Stability of Herbal Product

Finished product stability studies have been conducted in accordance with current guidelines. Based on the results, a product shelf-life of 2 years is appropriate when the storage precautions 'Do not store above 25° C' and 'Store in the original package' are applied.

Pharmaceutical Expert

The Quality Overall Summary has been written by an expert with suitable experience.

Product Literature

All product literature is satisfactory.

A package leaflet has been submitted to the MHRA along with results of consultations with target patient groups ("user testing"), in accordance with Article 59 of Council Directive 2001/83/EC. The results indicate that the package leaflet is well-structured and organised, easy to understand and written in a comprehensive manner. The test shows that the patients/users are able to act upon the information that it contains.

CONCLUSION

There are no objections to granting of a Traditional Herbal Registration from a quality point of view.

NON-CLINICAL ASSESSMENT

NON-CLINICAL OVERVIEW

The applicant has submitted a literature review with this application. An Expert Safety Report was provided, which included reviews of some non-clinical data. The Expert Safety Report was written by a suitably qualified professional.

The overview submitted in support of this application is satisfactory.

The data supplied by the applicant for the proposed THR is sufficient to demonstrate 30 years of traditional use within the European Community as required for registration under the Traditional Herbal Medicines Product Directive

The non-clinical issues are fully addressed in the Committee on Herbal Medicinal Products (HMPC) assessment report and European Herbal Monograph for *Valeriana officinalis* root.

SUMMARY OF PRODUCT CHARACTERISTICS (SmPC)

The SmPC for this product is satisfactory from a non-clinical point of view.

ENVIRONMENTAL RISK ASSESSMENT

An environmental risk assessment is not required for herbal medicinal products according to guidance CPMP/SWP/4447/00.

CONCLUSION

There are no objections to granting of a Traditional Herbal Registration from a non-clinical point of view.

CLINICAL ASSESSMENT

INDICATIONS

The proposed indication is:

“A traditional herbal medicinal product used for the temporary relief of sleep disturbances due to symptoms of mild anxiety based on traditional use only.”

The indication is acceptable.

POSOLOGY AND METHOD OF ADMINISTRATION

The applicant has proposed the following:

“For oral short term use only.

Adults and the elderly:

Two tablets to be taken approximately one hour before bedtime.

If required, an additional tablet may be taken earlier in the evening.

Not recommended for use in children or adolescents under 18 years of age (See Section 4.4. ‘special warnings and precautions for use’)

Tablets should be swallowed whole with some water or other liquid. The tablets should not be chewed.

Duration of use:

As the effects of this product may not occur immediately, it should be taken continuously for 2 – 4 weeks.”

This is acceptable.

EFFICACY

No clinical efficacy data is required for registration of Traditional Herbal Medicinal Products.

EVIDENCE OF TRADITIONAL USE

Article 16 c 1 (c) requires the applicant to provide bibliographic or expert evidence to show that the medicinal product in question, or a corresponding product, has been in medicinal use throughout a period of at least 30 years, including at least 15 years within the EU.

The applicant has provided a bibliographic review as evidence of the use of Valerian root within the EU for a period exceeding 30 years. In addition, the Committee on Herbal Medicinal Products (HMPC) assessment report and community monograph for Valerian root adequately cover the evidence for traditional use of the herbal preparation in the product under assessment in the EU for at least 30 years. The requirements of the Directive are therefore addressed for this aspect.

SAFETY REVIEW

Article 16 c 1 (d) requires the applicant to provide a bibliographic review of the safety data together with an Expert Safety Report.

A safety review has been provided as well as an Expert Safety Report written by a suitably qualified professional. These are satisfactory. In addition, the HMPC assessment report for Valerian root covers the bibliographic safety data available.

PRODUCT LITERATURE

The SmPC, PIL and labelling for this product are medically satisfactory.

CONCLUSION

There are no objections to granting of a Traditional Herbal Registration from a clinical point of view.

OVERALL CONCLUSION AND RISK ASSESSMENT

QUALITY

The quality data submitted with this application are satisfactory.

NON-CLINICAL

New non-clinical data are generally not required for an application of this type. The latest HMPC Herbal monograph and Assessment Report refers to genotoxicity testing performed with Valerian extracts representing the two extremes of the polarity and did not give any reason for concern.

EFFICACY AND SAFETY

No clinical efficacy data are required for registration of Traditional Herbal Medicinal Products.

The applicant has provided a bibliographic review which shows ample evidence for the use of Valerian root within the EU for a period exceeding 30 years.

A satisfactory review of the safety data has been provided.

Furthermore, the HMPC Herbal monograph and Assessment Report for Valerian root adequately cover the evidence for traditional use of the extract in the product under assessment for at least 30 years and the safety issues associated with Valerian root.

The SmPC, PIL and labelling are satisfactory.

RISK ASSESSMENT

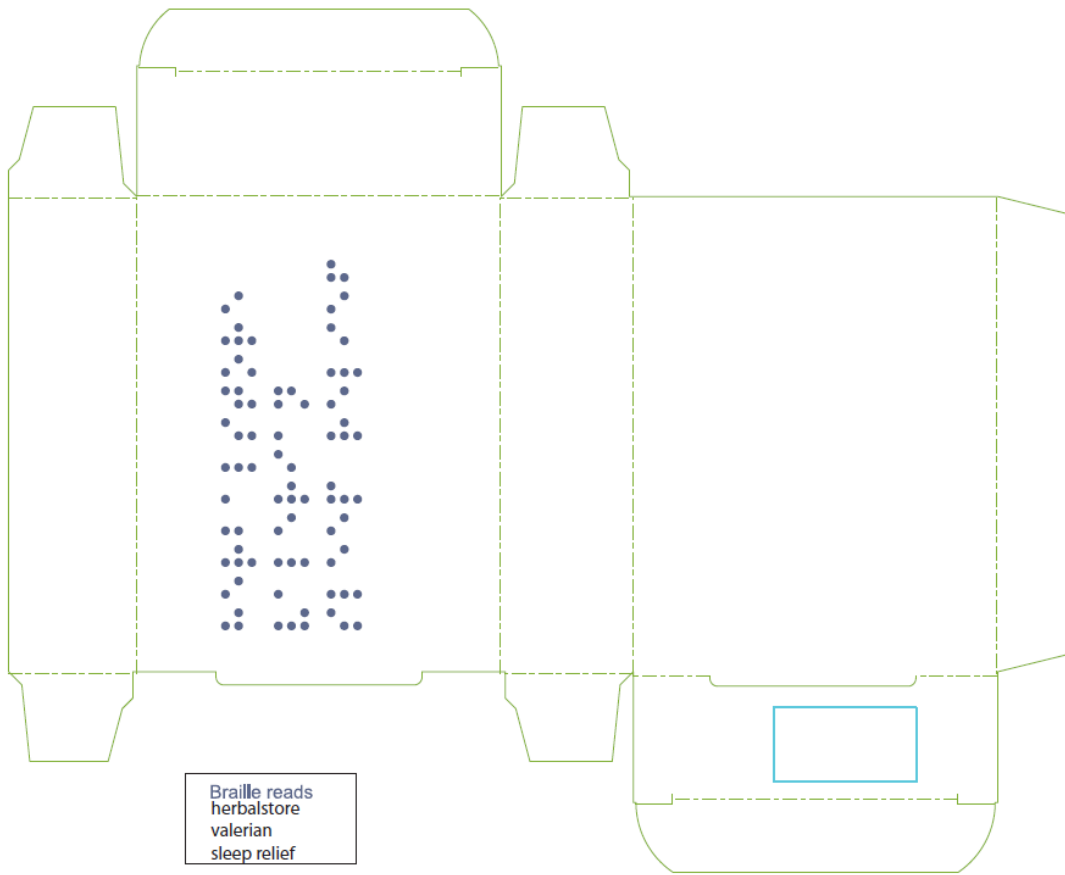
The quality of the product is acceptable and no new non-clinical or clinical safety concerns have been identified. The risk: benefit balance is acceptable and a Traditional Herbal Registration Certificate may be granted.

Summary of Product Characteristics (SmPC), Patient Information Leaflet (PIL) and Labels

In accordance with Directive 2010/84/EU the Summaries of Product Characteristics (SmPC) and Patient Information Leaflets (PIL) for products granted Marketing Authorisations at a national level are available on the MHRA website.

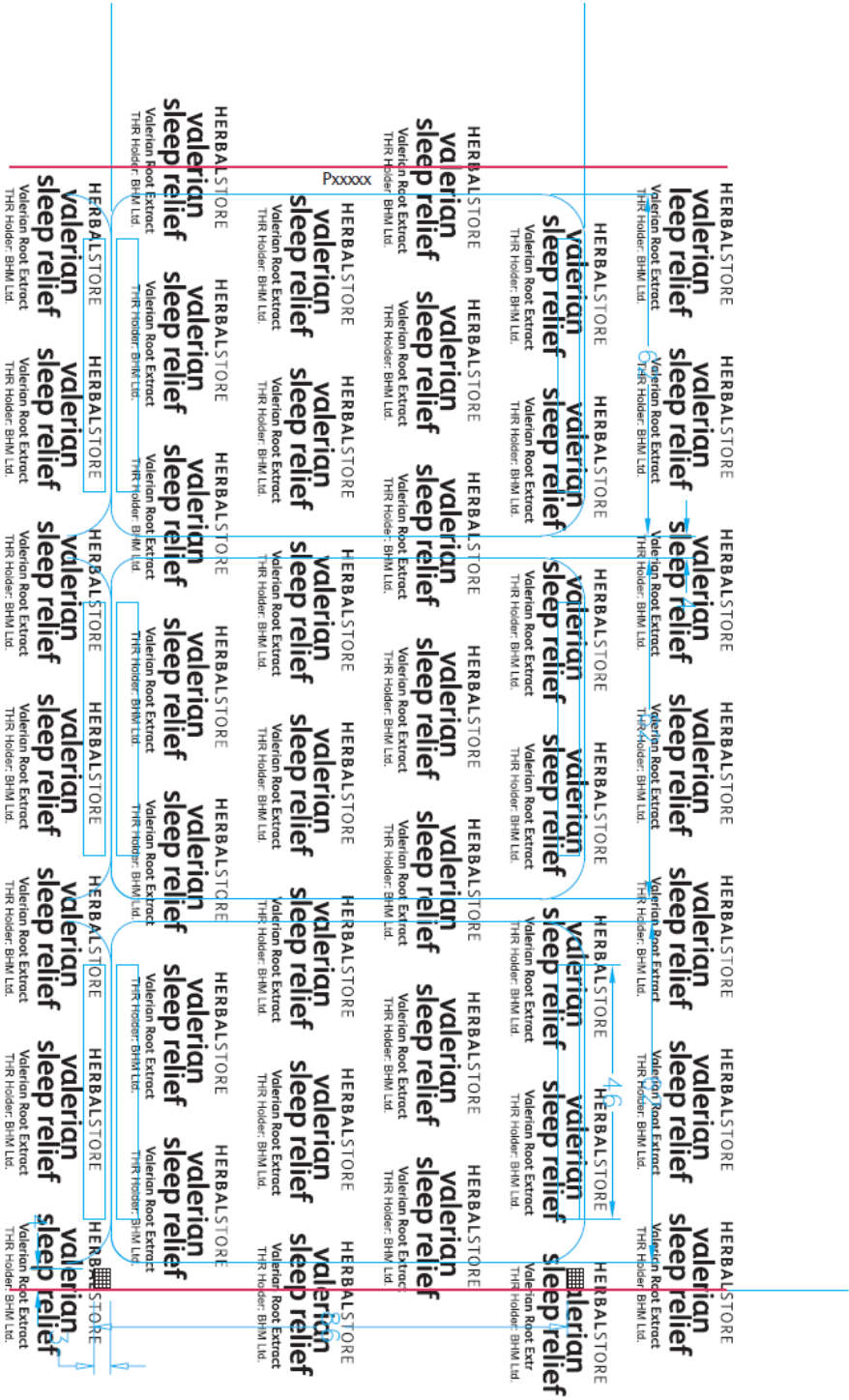
The approved labelling for Herbalstore Valerian Sleep Relief/Gerard House Valerian Peaceful Sleep is presented below:





Braille reads
herbalstore
valerian
sleep relief

Batch Number & Best Before Date is embossed at time of manufacture.



**CARTON TEXT SIZE MINIMUM 7PT
BRAILLE IS NEEDED FOR THE CARTON**

Front Panel:

Gerard House Valerian Peaceful Sleep

Valerian Root Extract

24, 30, 48, 60, 90 or 120 Tablets <dependent on customer>

A traditional herbal medicinal product used for the temporary relief of sleep disturbances due to symptoms of mild anxiety based on traditional use only.



Certification Mark

Side Panels:

Gerard House Peaceful Sleep

Valerian Root Extract

24, 30, 48, 60, 90 or 120 Tablets <dependent on customer>

Back Panel:

Gerard House Peaceful Sleep

A traditional herbal medicinal product used for the temporary relief of sleep disturbances due to symptoms of mild anxiety based on traditional use only.

Please read the enclosed leaflet carefully before use.

Directions For Use:

For oral use. Swallow the tablet whole with water. Do not chew.

Dosage:

Adults and the elderly: 2 tablets 1 hour before you go to bed. If required, an additional tablet may be taken earlier in the evening. **Not recommended for children or adolescents under 18 years.**

DO NOT TAKE MORE MEDICINE THAN THE LABEL TELLS YOU TO.

WARNING

Do not take if you are:

- under 18 years of age
- pregnant or breast feeding
- allergic to any of the ingredients
- already taking a medicine for sleep or anxiety.

Avoid excessive alcoholic drink while taking this medicine. This medicine may make you feel drowsy. If affected, do not drive or operate machines.

If symptoms worsen or persist consult your doctor, pharmacist or qualified healthcare practitioner.

Do not use these tablets after the expiry date stated on pack. Do not store above 25°C. Store in the original package.

KEEP OUT OF SIGHT AND REACH OF CHILDREN.

Active Ingredients

Each film coated tablet contains:

100 mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (4.5-6:1) (equivalent to 450 mg – 600 mg of Valerian root.)

Extraction solvent: Ethanol 60% (v/v).

Additional Information

THR Holder & Manufacturer: Brunel Healthcare Manufacturing Ltd, William Nadin Way, Swadlincote, Derbyshire, DE11 0BB, U.K.

THR: 20894/0077

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Expiry

FOIL

Gerard House Valerian Peaceful Sleep

Valerian Root Extract

THR Holder: BHM Ltd.

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