

!" #&/
4;O <548G=>3> 70AB>AC20==O ?@5?0@0BC

!" "

!;04 ;V:0@AL:>3> 70A>1C:

4VNG0 @5G>28=0: 1 B01;5B:0 @5=V2 (Valerianaeradix) 3CAB>3> (5:AB@035=B-5B0=>; 40 %) (C ?5@5@0EC20==V =0 :8A;>BC V7>20;5@V0=>2C =5 <5=H5 0,004 3) - 20 <3;
4>?>28=8: <03=VN :0@1>=0B 206:89; .@>E<0:L :0@B>?;O=89, B0:L; ?>2V4=>;
A:;04 >1>;>=:8: FC:>@ :>=48B5@AL:89, <03=VN :0@1>=0B 206:89, B0:L; B8B0=C 4V>:A84 (171), :@5<=VN 4V>:A84 ;>W4=89 1572>4=89, ?>2V4=>, 2VA: 6>2B89,
?0@0DV=, ;>VO A=>OH=8:>20, B0@B@078= (102).

V:0@AL:0 D>@<0. "01;5B:8, 2:@8BV >1>;>=:N.

"01;5B:8, 2:@8BV >1>;>=:N, 6>2B>3> ;>L>@C, 42>28?C:;>W D>@<8. 0 ?>?5@5G=>7@V7V 284=> B@8 H0@8.

0720 V 465==O 28@>1=8:0.

" «\$VB>D0@
#:@0W=0, 84500, >=5FL:0 >1;,,

\$0@<0:>B5@0?52B8G=0 3@C?0.

!=>4V9=V B0 A540B82=V 70A>18. >4 ATCN05C M09.

@5?0@0B 7<5=HCT 71C4;82VABL F5=B@0;L=>W =5@2>2>W A8AB5<8. VO 7C<>2;5=0 2< 5DV@=>W >;VW, 1V;LH0 G0AB8=0 O:>W A:;04=89 5DV@ A?8@BC 1>@=5>;C
B0 V7>20;5@V0=>2>W :8A;>B8. !540B82=V 2;0AB82>ABV <0NBL B0:>6 20;5?>B@V0B8 B0 0:;>W48 20;5@8= V E>B8=V=. !540B82=0 4VO ?@>O2;OTBLAO ?>2V;L=>, 0;5
4>A8BL AB01V;L=>. 0;5@V0=>20 :8A;>B0 V 20;5?>B@V0B8 G8=OBL A;01:C A?0?>;VB8G=C 4VN.

>:070==O 4;O 70AB>AC20==O.

V428I5=0 =5@2>20 71C4;82VABL, 157A==O; C A:;04V :<1V=>20=>W B5@0?VW ?@8 ;53:8E DC=:FV>=0;L=8E ?>@CH5==OE 7 1>:C A5@F52>-AC48==>W A8AB5<8.

@>B8?>:070==O.

V428I5=0 V=482V4C0;L=0 GCB;82VABL 4> 20;5@V0=8 01> 4> V=H8E :>5=BV2 ?@5?0@0BC. 5?@5AVO B0 V=HV AB0=8, 1> AC?@>2>46CNBLAO ?@83=VG5==O<
4VO;L=>ABV F5=B@0;L=>W =5@2>2>W A8AB5<8.

0;56=V 70E>48 157?5:8 ?@8 70AB>AC20==V.

V4 G0A 70AB>AC20==O ?@5?0@0BC =5>1EV4=> CB@83>;L=8E =0?>W2.

@5?0@0B @, 1> =5>1EV4=> 2@0E>2C20B8 E2>@8< =0 FC:@>289 4V015B.

0FVT=B0<, O:V <0;8 B06:5 ?>@CH5==O DC=:FVW ?5GV=:8 01> ?5@5=5A;8 B06:5 70E2>@N20==O ?5GV=:8 C <8=C;>15@56=8<8 ?@8 ?@89>
>65 <0B8 70?0EC 20;5@V0=8.

A>1;82V 70AB5@565==O.

0AB>AC20==O C ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N.

5 @5:;<5=4CTBLAO 70AB>A>2C20B8 ?@5?0@0B G5@57 =54>AB0B=VABL 40=8E 1>4> 157?5:8 70AB>AC20==O C ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N.

40B=VABL 2?;820B8 =0 H284:VABL @50:FVW ?@8 :5@C20==V 02B>B@0=A?>@B< 01> @>1>BV 7 V=H8<8 <5E0=V7<0<8.

@8 70AB>AC20==V ?@5?0@0BC A;V4 CB@8B@0=A?>@B<8<8 70A>10<8, @>1>B8 7 ?>B5=V9=> =5157?5G=8<8 <5E0=V7<0<8.

VB8.

0AB>A>2CTBLAO 4;O ;V:C20==O 4VB59 2V:< 2V4 12 @>:V2. >FV;L=VABL ?@87=0G5==O ?@5?0@0BC 4VBO< 2V:< 2V4 6 @>:V2 287=0G0T ;V:0@ C :>6=>:@5<>

!;>AV1 70AB>AC20==O B0 4>78.

>@>A;8< B0 4VBO< AB0@H5 12 @>:V2 ?@89<0B8 ?> 2-4 B01;5B:8 3 @078 =0 4>1C.

VBO< 2V:< AB0@H5 6 @>:V2 ?@89<0B8 ?> 1-2 B01;5B:8 3 @078 =0 4>1C.

>FV;L=VABL ?@87=0G5==O ?@5?0@0BC 4VBO< 2V:< 2V4 6 @>:V2 287=0G0T ;V:0@ C :>6=>:@5<>

"01;5B:8 A;V4 :>2B0B8 =5 @>76>2CNG8, 70?820NG8 @V48=>N.

"@820;VABL ;V:C20==O 287=0G0T ;V:0@ V=482V4C0;L=>.

5@54>7C20==O.

!8<8: 3>;>2=89 1V;L, 70?0<>@>G5==O, A>;82VABL, <;02VABL, 7030;L=0 A;01:VABL, B@5H8@5==O 7V=8FL, 2V4GCBBO AB8A=5==O C 3@C40E, 1V;L C 682>BV,
=C4>B0, 7=865==O 3>AB@>B8 A;CEC B0 7>@C, B0EV:0@4VO.

V:C20==O: ?@8?8=8B8 70AB>AC20==O ?@5?0@0BC, ?@><8B8 H:C=>., ?@89=OB8 0:B82>20=5 2C3V:;O. "5@0?VO A8<0B8G=0.

>1VG=V 5D5:B8.

1>:C F5=B@0;L=>W B0 ?5@8D5@8G=>W =5@2>2>W A8AB5<8: 70?0<>@>G5==O, A>;82VABL, ?@83=VG5==O 5>FV9=8E @50:FV9, 45?@5AVO, 7030;L=0 A;01:VABL,
7=865==O @>7C<>2>W B0 DV78G=>W ?@0F5740B=>ABV;

7 1>:C B@02=>3> B@0:BC: =C4>B0;

0;5@3VG=V @50:FVW:28A8?0==O, A25@1V6, 3V?5@5

70T<>4VO 7 V=H8<8 ;V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9.

@5?0@0B8 20;5@V0=8 <6CBL ?>A8;N20B8 4VN 0:;>3>;N, A540B82=8E, A=>4V9=8E, 0=0;35B8G=8E, A?07<;VB8G=8E B0 0=:AV>;VB8G=8E ?@5?0@0BV2.

"5@ABV. 2 @>:8.

#<>28 715@V30==O.

15@V30B8 2 >@83V=0;L=V9 C?0:>2FV ?@8 B5?!

15@V30B8 C =54>ABC?=>

#?0:>2:0.

"01;5B:8 50 C D;0:>=0E 01> C 1;VAB5@0E.

0B53>@VO 2V4?CA:C. 57 @5F5?B0.