

Ready to start planning your care? Call us at [646-926-0945](tel:646-926-0945) to make an appointment.

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Memorial Sloan Kettering  
Cancer Center

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## FOR THE MEDIA



## Common Names

- Garden valerian
- Indian valerian
- Pacific valerian
- Mexican valerian

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## For Patients & Caregivers

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

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What is  
it?

What are the potential uses and  
benefits?

What are the side  
effects?

What else do I need to  
know?

## For Healthcare Professionals

Scientific  
Name

Clinical  
Summary

Purported Uses and  
Benefits

Mechanism of  
Action

Warnings

Contraindications

Adverse  
Reactions

Herb-Drug Interactions

References

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Email your questions and comments to [aboutherbs@mskcc.org](mailto:aboutherbs@mskcc.org) .

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### Last Updated

Tuesday, November 21, 2023

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