bKIT *Valeriana officinalis* L.

Real-Time PCR assay

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Valeriana officinalis L.

Valeriana officinalis L., one of the medicinally important species of *Valeriana*, is a perennial flowering herb native to Europe and Asia and naturalized in eastern North America. It appears in moist places with mild climates, mainly in forests and river margins. It is cultivated in low lying, damp sandy humus with lime fertilizer ([1]).
Valerian has been used as a medicinal herb since at least the time of ancient Greece and Rome. Hippocrates described its properties, and Galen later prescribed it as a remedy for insomnia. Pharmaceutical application of valerian is due to its sedative, anticonvulsant, antidepressant, antihypertensive, hypnotic effects, antispasmodic and anxiolytic activity. The pharmacological effects of valerian have primarily been attributed to the valepotriates (iridoid esters), volatile oils, monoterpenes, and sesquiterpenes constituents ([2,3]).

([1]) Cunha, A.P., 2005. Farmacognosia e fitoquímica. Fundação Calouste Gulbenkian,LIsboa, pp. 410-411.
([2]) Wang, J., Zhao, J., Liu, H., Zhou, L., Liu, Z., Wang, J., Han, J., Yu, Z. and Yang, F., 2010. Chemical analysis and biological activity of the essential oils of two valerianaceous species from China: Nardostachys chinensis and Valeriana officinalis. Molecules 15: 6411 6422.
([3])Ansari, Dugaheh, M., Meisami, F., Torabian, Z. and SharifiFar, F., 2013. Antioxidant effect and study of bioactive components of Valeriana sisymbriifolia and Nardostachys jatamansii in comparison to Valeriana officinalis. Pak. J. Pharm.Sci. 26: 53 58

Principle

SYBR® Green Real-Time PCR (qPCR) assay for the detection of *Valeriana officinalis*. The product is intended for research purpose only.

NHPRA validation

In the validation trials performed by NHPRA (Natural Health Product Research Alliance) the following species were tested: *Acorus calamus, Camellia sinensis, Centranthus* spp., *Cirsium* spp., *Curcuma longa, Empetrum nigrum, Ginkgo biloba, Knautia arvensis, Panax ginseng, Panax quinquefolius, Ranunculus* spp., *Silybum marianum, Serenoa repens, Succisa pratensis, Vaccinium myrtillus, Valeriana diocia, Valeriana sitchensis, Vitis vinifera, Zingiber officinale.*

bKIT *Valeriana officinalis* packaging

Part Number: bKTB-VO.01-50

qPCR Master Mix (1 tube)	50 tests
Positive Control (1 tube)	10 tests
Negative Control (1 tube)	10 tests

Part Number: bKTB-VO.01-100

qPCR Master Mix (2 tubes)	2 x 50 tests
Positive Control (1 tube)	20 tests
Negative Control (1 tube)	20 tests

Storage

-20°C. Avoid prolonged exposure to light and repeated freeze and thaw cycles.

Shelf life

If the bKIT is correctly stored, at constant-temperature freezer, its performance is guaranteed until the shelf life indicated on the tubes.

Additional material/reagents required

- DNA extraction tools and reagents
- Nuclease-free water

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- Gloves
- Pipettes
- bCUBE® instrument or other Real-Time PCR instrument (*) with filters calibrated for SYBR® Green.
- bCUBE® sample loading cartridge or, if using other Real-Time PCR instrument, samples loading support according to the instrument specifications.

(*) This assay was especially developed to be used in association with the bCUBE® instrument, available from Hyris Ltd, but can be used also with any other compatible thermal cycler.

DNA extraction

Extract DNA from samples according to your usual protocol. If necessary, Hyris can recommend an extraction method. At this purpose, contact us at support@hyris.net.

Reaction Set-Up

a. Thaw all the bKIT components by placing the tubes on ice.
b. Gently mix the tubes content by swirling the tubes.
c. Spin the tubes to let the content down.
d. In new tubes, one for each sample, including the Negative Control and the Positive Control of the bKIT, prepare the Reaction Mix as shown in the table below:

Components	Volume
DNA sample or Positive Control or Negative Control	3 µl
qPCR Mastermix	17 µl
Total Volume	20 µl

Cartridge set-up

The procedure described is for the bCUBE® cartridge, but, if using a different Real-Time PCR instrument, the same procedure can be adopted for other loading sample supports with minor modifications.

1. Samples set-up

Samples of the following types must be prepared to be loaded on the cartridge:
Positive Control for *Valeriana officinalis.*
Negative Control for *Valeriana officinalis.*
Sample(s) to be tested.

2. Cartridge Loading

a. Load the sample prepared as described in the previous section.
b. Carefully seal the cartridge with adhesive film in order to avoid any contamination.
c. Load the cartridge onto the bCUBE®, then start the run.

Method set-up

Set up the run method using the following conditions, depending on the instrument you use.

1. On the bCUBE®

a. Login on the bAPP.
b. Set-up "New Analysis" and Select the "*Valeriana officinalis 1.x*" from the "Global recipes" list.
c. Specify the "Well types" for each of the loaded sample as follows (**Fig. 1**):
"PosCtrl" for the well loaded with *Valeriana officinalis*. Positive Control.
"NegCtrl" for the well loaded with *Valeriana officinalis*. Negative Control.
"Sample" for the wells loaded with samples under analysis.

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Fig 1. Cartridge set-up
An example of cartridge set-up on the bAPP for one replicate of a sample to be analyzed is shown.

2. <u>On a compatible Real-Time PCR instrument</u>
Please, contact us for the protocol set-up on the instrument.

Reading the results

1. <u>On the bCUBE®</u>

a. The presence of the target *Valeriana officinalis* in the Positive Control or in the sample under analysis will generate an amplification curve **(Fig. 2a)** and a melting curve with a specific melting peak **(Fig. 2b)**.

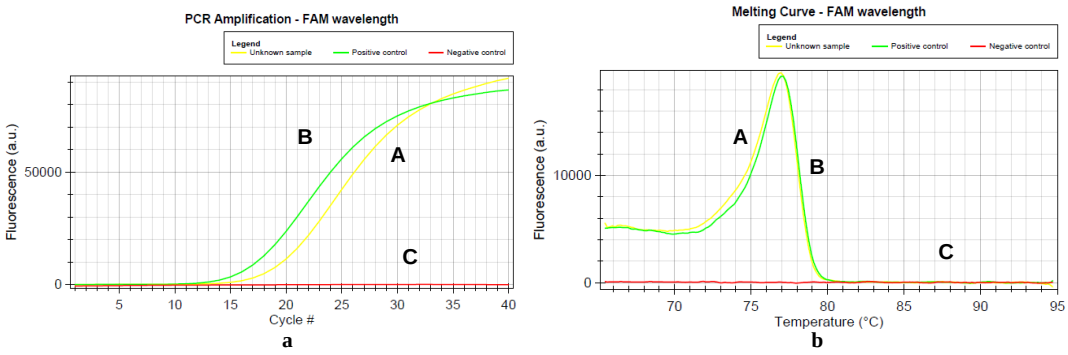

Fig.2. Amplification and melting plots
In the plots, the amplification curve (**Fig. 2a**) and the specific melting peak (**Fig. 2b**) of a *Valeriana officinalis* containing sample (A), a Positive Control (B), and the Negative Control (C) are shown.

b. At the end of analysis each well will be labelled depending on the "Well type" as described in the table below and samples classification will be shown on the pdf report of the analysis (**Fig. 3**).

Well type	Possible labels	
Positive Control (PosCtrl)	OK	KO
Label meaning	Amplification curve and specific melting peak present	Amplification curve and or specific melting peak absent

Well type	Possible labels	
Negative Control (NegCtrl)	OK	KO
Label meaning	Amplification curve and specific melting peak absent	Amplification curve and or specific melting peak present

Well type		Possible labels	
Sample	Present	Absent	Indeterminate
Label meaning	*Valeriana officinalis* is present in the sample	*Valeriana officinalis* is absent from the sample	The test is not conclusive and should be repeated (**)

(**) If the "Indeterminate" classification persists, contact us at support@hyris.net.

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Results for target *Valeriana officinalis*		
Unknown sample	(Sample)	Present
Positive control	(PosCtrl)	OK
Negative control	(NegCtrl)	OK

Fig.3. Analysis results table
The results table, as reported in the pdf report of the analysis, is shown.

2. <u>On a compatible Real-Time PCR instrument</u>
Please, contact us for results interpretation.

Troubleshooting

1. <u>Results show no amplification, or anomalous amplification curves</u>

Possible causes	Corrective actions
Evaporation of the sample due to inadequate sealing of the plate/strips	Repeat the test using the appropriate materials and tools to seal correctly the plate/strips
Consumables are not appropriate for the method	Repeat the test using consumables recommended by the supplier of the Real-Time PCR instrument
The quality of nucleic acid extracted is low	Repeat the extraction step. Ensure that the method of extraction has been performed correctly. In any doubt, contact us.

2. <u>No amplification curve is observed for the Positive Control</u>

Possible causes	Corrective actions
The Positive Control provided with the assay was not added into the reaction well	Repeat the test adding the Positive Control. If the problem persists, contact us.

3. <u>An amplification curve with a specific melting peak is observed for the Negative Control</u>

Possible causes	Corrective actions
Contamination of the Negative Control or the qPCR Master Mix with target-positive DNA	Repeat the test by applying appropriate quality procedures to prevent contamination. Correctly seal the cartridge or plate/strips. If the problem persists, contact us.

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