

# Passionflower

*Passiflora incarnata* L.

Fluid extract standardized to contain  $\geq 0.6\%$  total flavonoids expressed as vitexin (Ph. Franç.).

Passionflower is a perennial plant from Central and Southern America, widely cultivated in Europe.

The chief components are **polyphenols** such as **flavonoids**, tannins and phenolic acids; there are also alkaloids, phytosterols, and organic and fatty acids.

Passionflower is traditionally used in Europe for the relief of mild symptoms of **mental stress** and as sleep aid in **insomnia**, mental fatigue and **menopause**. It is also used as **spasmolytic** and **carminative**.

The literature does not report any health hazard or adverse reaction. There are no known interactions with other drugs; it can therefore be used even in children over 12 years of age.

**The suggested dose is 0,20-0,75 ml up to 4 times/die**  
(two-three times less than a 'traditional fluid extract' with DER 1:1).

Also available in organic version on request



Part of plant used: flowering herb