

Lime

Tilia platyphyllos Scop.

Fluid extract standardized to contain min. 1.5% total flavonoids expressed as rutin.

Lime (or Linden) is a majestic, deciduous tree native to temperate Europe and western Asia.

The active components of Lime flowers consist of flavonoids, mucilages, phenolic acids, proanthocyanidins (condensed tannins), and essential oil.

Since the Middle Ages, Lime flowers have been used as a diaphoretic. Moreover, they have a long tradition of use as sedative and antispastic, to treat migraine, indigestion, and diarrhea. Nowadays they are mainly used to relieve the symptoms of common cold and for relaxation, in case of mild mental stress and sleep disturbances.

Lime is regarded as a safe drug; the extract can be recommended for use in adolescents, adults, and elderly, but not in children (due to the presence of ethanol) or during pregnancy and lactation (insufficient safety data).

The suggested dose is 2 ml, 1-2 times daily (half dose compared to the traditional fluid extract 30% ethanol).

