



Melissa officinalis L.

dry extract **ORGANIC**

(Reg. (CE) 834/2007)



The botanical specie is certified by



Botanical family: Lamiaceae (Labiatae)

Part of plant: leaf

Extraction solvent: hot water

This extract contains $\geq 2,5$ % tot hydrossicinnamic derivatives expressed as **rosmarinic acid** (spectrophotometric meth.)

Lemon balm is a perennial plant from the Mediterranean area. The whole plant is strongly lemon scented, due to the monoterpene aldehydes (geranial and neral). The chief components are polyphenols, such as **flavonoids**, **caffeic** and **rosmarinic acids**, and **essential oils**, rich in terpenoids.

Lemon balm is traditionally used in Europe as **antispasmodic**, mild sedative (**anxiolytic**) and **nootropic** (for memory improvement); it has also **antioxidant**, **anti-thyroid** and **antiviral** activity. The German E Commission recommends Lemon balm for **insomnia of nervous origin** and for **gastro-enteric ailments**. Therefore, it is indicated for IBS, bloating, flatulence, relief of mild symptoms of mental stress, sleep aid and as mood enhancer.

The use of *Melissa officinalis* can be considered as safe. There are no known interactions with drugs associated with the use of the plant.

It can also be used in children over 12 years of age.

It has a pleasant flavour, leading to a good compliance.

This extract is GMO, BSE/TSE, GLUTEN, ALLERGEN FREE