

Relaxen 60 Tablets

EAN: 5605481108389 FABRICANTE: DIETMED



Relaxen is indicated for the regulation of anxiety and sleep. It has a calming and tranquilizing effect. It balances the nervous system. It is useful in cases of irritability.

DESCRIPTION

What are the benefits of Relaxen?

- Relaxing and calming activity.
- Anxiety.
- Irritability.
- Mood swings.
- Sleep changes.

Ingredients

- *Valeriana officinalis L.* (Valerian; root extract containing at least 0.6% sesquiterpenes).
- *Passiflora incarnata* (Passionflower; aerial parts), *Humulus lupulus* (Hops; dry extract containing at least 4% rutosides).
- Bulking agent: microcrystalline cellulose.
- Anti-caking agents: magnesium salts of fatty acids, silicon dioxide, D-biotin.

Composition Per 4 tablets:

- Hops (containing at least 4% rutosides) 600 mg.
- Passionflower 600 mg.
- Valerian (containing at least 0.6% sesquiterpenes) 600 mg.
- Biotin 100 µg (200% NRV*).

* Nutrient Reference Value.



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The **hop** cones, the therapeutically used part, are composed of flavonoids (astragalín, kaempferol, quercetin, quercitrín and rutin), chalcones (including isoxanthohumol and xanthohumol), oily resin (bitter principles, such as acylphloroglucides in soft and hard resin; alpha-acids such as humulone, cohumulone, adhumulone, prehumulone, poshumulone; beta acids such as lupulone, colupulone and adlupulone), tannins, and a volatile oil. The latter is responsible for restoring restful sleep thanks to its hypnotic and sedative properties.

Valerian root has been approved by ESCOP for the treatment of anxiety, insomnia, irritability and sleep disorders of nervous origin. Thus, valerian root contains two substances of pharmacological interest: valepotriates and sesquiterpenes. Valepotriates reduce anxiety with a calming rather than sedative effect, as sesquiterpenes have a sedative rather than anxiolytic effect. Valerian extracts have been used for centuries to relieve nervousness and anxiety through a specific binding site on the GABA_A receptor with affinity for valerenic acid and valerenol, components of common valerian.

The aerial parts of **Passiflora** are used for sedative, anxiolytic and antispasmodic purposes. The whole plant has been used in insomnia, anxiety and other central nervous system disorders, due to its composition containing alkaloids and flavonoids (expressed as vitexin). Flavonoids are an important group of the phytochemical components of *Passiflora incarnata*. These include apigenin, luteolin, quercetin, kaempferol, vitexin, isovitexin, among others. In addition to flavonoids, it contains several alkaloids such as harmaline, harmine, harmaline and harmalo.

Instructions for use

Sedative: 1 tablet 2 times a day, preferably before meals.
For a natural sleep: 2 tablets before bedtime.

Contraindications

Do not use during pregnancy or breastfeeding due to the presence of Hops.
Not recommended in cases of hyperestrogenism.

Drug Interactions and Others

Do not mix with alcoholic beverages and sedative or antihistamine medications.

