

## Essential Oils Serenity 60 Pearls

EAN: 8436612680149

FABRICANTE: EQUISALUD



*Essential oils Serenity in pearls help you sleep better and feel happier. The combination of essential oils that are part of this formulation can act synergistically to provide a calming effect and help improve rest.*

### DESCRIPTION

#### What Benefits does Essential oils Serenity have?

- It contributes by providing a calming effect.
- Helps you sleep better and feel happier.
- Support in improving sleep.
- Helps in cases of anxiety.

#### What is the instructions for use and recommended amount of Essentials Oils Serenity?

Take one to three pearls a day, preferably with meals.

Do not take more than three pearls a day.

#### Does Essentials Oils Serenity have contraindications?

Not recommended during pregnancy or breastfeeding, in children under 18 years of age and in case of allergy to citral.

Consult a health professional in case of low blood pressure or migraines.

It may affect the ability to drive and use machines.

It is not recommended to take for more than 14 days.

#### What is the composition of Essentials Oils Serenity?

##### Component

Sunflower oil (*Helianthus annuus* L.)

Basil essential oil (*Ocimum basilicum* L., flowering plant, QT: linalool)

##### Amount

478 mg.

4 mg.



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Component	Amount
Lavender essential oil ( <i>Lavandula angustifolia</i> Mill., flowering top, QT: linalyl acetate, linalool)	4 mg.
Sweet orange essential oil ( <i>Citrus x sinensis</i> (L.) Osbeck, fruit rind, QT: limonene)	4 mg.
Marjoram essential oil ( <i>Origanum majorana</i> L., flowering top, QT: terpinen-4-ol)	4 mg.
Lemon verbena essential oil ( <i>Lippia citriodora</i> (Lam.) Kunth, aerial parts, QT: geranial, neral)	4 mg.

Composition per pearl in mg.

### Technological incipients :

Extract rich in tocopherols (antioxidant), 2 mg.

### Wrapping :

Soft gelatin pearl.

\*Contains: gelatin (coating agent) and glycerin (humectant).

### BASIL ESSENTIAL OIL (*Ocimum basilicum*)

Basil, known for its fresh and herbaceous aroma, provides unique properties that positively impact the nervous system. Its main component, linalool, has been shown to have anxiolytic properties by modulating the activity of the neurotransmitter GABA (gamma-aminobutyric acid), a key inhibitory neurotransmitter in the brain. Increased GABA activity leads to a decrease in neuronal excitability, resulting in a calming and relaxing effect.

### LAVENDER ESSENTIAL OIL (*Lavandula angustifolia*)

Lavender is a mainstay in aromatherapy due to its notable benefits for relaxation and emotional well-being. Lavender essential oil contains compounds such as linalool and linalyl acetate, which act on the limbic system, a region of the brain responsible for emotions and memory. These

compounds modulate neuronal activity, reducing anxiety and stress. Additionally, lavender has sedative properties, facilitating sleep by promoting the release of melatonin, the sleep hormone.

### SWEET ORANGE ESSENTIAL OIL (*Citrus x sinensis*)

Orange essential oil, with its citrus and vibrant aroma, provides a refreshing note to this synergy. The presence of limonene in oranges has been shown to have positive effects on reducing stress and anxiety.



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Limonene acts as a nervous system modulator, influencing serotonergic and dopaminergic receptors, contributing to elevated mood and feelings of happiness.

### **MARJORANA ESSENTIAL OIL (*Origanum majorana*)**

Marjoram, with its warm and spicy aroma, brings relaxing and calming properties to the whole. Its main component, terpinen-4-ol, has anti-inflammatory properties that can positively affect the body's response to stress. In addition, marjoram acts on the autonomic nervous system, reducing sympathetic activity and thus promoting a state of relaxation.

### **BEAUTIFUL ESSENTIAL OIL (*Lippia citriodora*)**

Lemon verbena, also known as scented verbena, provides a citrus and fresh touch to the formulation. Lemon verbena essential oil contains citronellal, a compound that has been shown to have anxiolytic and sedative properties by acting on GABA receptors. This calming effect can help reduce anxiety and improve sleep quality.

