



Melissa Food Supplement, promotes physiological relaxation and mental well-being.

DESCRIPTION

Preparations based on lemon balm have sedative, spasmolytic and antibacterial properties. Flavonoids (cimarosides, ramicin, cosmosin, isoquercitrin) and triterpenes (ursolic, oleanolic and pomolic acid) contribute to this characteristic.

The antibacterial properties, on the other hand, are characteristic of polyphenolic acids such as rosmarinic acid, ferulic acid, caffeic acid, chlorogenic acid and an essential oil. For external use, it is useful in herpes simplex, in local applications 3-4 times a day. From the plant, the leaves and flowering tops are used. It can be useful as an adjuvant in dyspepsia, aerophagia, migraines of digestive origin, flatulence, gastric spasms, gastric pyrexia, vomiting, spasmophilias, premenstrual syndromes, uterine spasms, nervous and anxious forms.

Ingredients: Water, alcohol, Melissa (*Melissa officinalis* L.) leaves 20%, honey.

