

Calmophytum 32 capsules

EAN: 3477280000018 FABRICANTE: HOLISTICA



Promotes tranquility and relaxation. Helps you sleep sweetly and naturally.

DESCRIPTION

Ingredients

Hypromellose (vegetable origin capsule), Melissa extract (leaves and aerial parts) (*Melissa officinalis* L.), Linden (leaves and flowers) (*Tilia cordata*), Chamomile (flowers) (*Chamaemelum nobile*), Verbena (leaves) (*Aloysia citriodora*), Hibiscus (flowers) (*Hibiscus sabdariffa*).

Instructions for use

Take 2 to 3 capsules between 1 hour and 1/2 hour before going to bed or at the end of dinner. Capsules may be opened occasionally and their contents may be added to food. Do not exceed the expressly recommended daily dose. This product is not a substitute for a varied and balanced diet or a healthy lifestyle. Keep out of reach of children under 3 years of age.

Components of plant origin

Linden (*Tilia sylvestris*)

The leaves and flowers of this sacred tree of ancient German civilizations are widely known for their relaxing action. Linden is now recommended for use against stress. Its flavonoids derived from quercetol give it a calming effect and the farnesol it contains helps prevent sleep problems. Linden also helps purify the body by providing mucilages that are useful for good intestinal balance.

Chamomile (*Anthemis nobilis*)

Known since the 16th century for its calming properties, chamomile is a supreme plant for relaxing the nervous system. A friend of the liver, it is a great ally against lazy intestines. Presented in capsule form, it avoids the problem of its strong flavour, which is why it is rejected in infusions.

Verbena (*Lippia citriodora*)

Also known as the “sacred herb” or “herb of spells”, verbena was sacred to the Greeks, Romans, Celts and Germanic peoples for its many benefits. In terms of its components, fragrant verbena is very similar to



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lemon balm. Skillfully dosed in CALMOPHYTUM®, it contributes to calming overexcitement thanks to the verbenalin and verbenine it contains.

Hibiscus (*Hibiscus sabdariffa*)

Used in many traditions as a general tranquilizer, hibiscus soothes the digestive mucous membranes, the throat and facilitates numbness.

