



LEMON BALM

Dry extract of lemon balm leaves with min. 7% rosmarinic acid and min. 18% hydroxycinnamic derivatives (*Melissa officinalis* L.)

The Product characteristics:

- The extraction technique with ethanol is optimised to produce a dry extract containing the relevant compounds.
- The quantitative chemical characterisation provides an accurate and reliable formulation
- The rosmarinic acid titration through HPLC allows to obtain a minimum percentage of 7% in the extract; the total hydroxycinnamic derivatives are also controlled through spectrophotometric analysis.
- The traceability of all stages of the production process is guaranteed, from the raw material cultivation to the product final processing.

Did you know:

- The plant owes its current reputation to the fact that the ancient Greeks already considered lemon balm as an herb that improved good mood, happiness and joviality.
- It is used in some homemade preparations to obtain an efficient glass cleaner. Mixed with other plants (such as lavender) it is an optimal ingredient in the preparation of wood polishing wax.
- It is commonly used as a traditional remedy against cough.

The leaves:

Lemon balm leaves contain triterpene acids, flavonoids, polyphenolic compounds among which rosmarinic acid and hydroxycinnamic acids. They are considered an optimal natural source of antioxidant and antibacterial compounds. They reduce excitability, anxiety and stress through their sedative action on the central nervous system. They also reduce gastrointestinal disorders through their antispastic action on the smooth muscles of the digestive track. It is interesting to note that no side effects were identified.

