



Lemon Balm TINCTURE

AGITATION

Soothes restlessness and irritability

NPN 80015574

50 ml

Each ml contains

Lemon Balm	fresh leaf	<i>Melissa officinalis</i>	1:3	359 mg	Organic
Alcohol 33% to 38%, certified organic					

DOSAGE

INTERVENTION: 1.5 ml, 3 times per day, for a maximum of 1 week.

TREATMENT: 1 ml, 3 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water. For long-term use, take 6 days out of 7.

MODE OF ACTION

Calming and appeasing, lemon balm relieves nervous tension and the physiological effects of stress. It calms nervous troubles such as anxiety, nervousness and agitation. As lemon balm acts on the limbic system which is responsible for mood, and inhibits the degradation of GABA, it reduces irritability and improves the mood. It decreases corticosterone levels and reduces many symptoms of stress such as heart palpitations and migraine. It has been demonstrated that when used in combination with other herbs, it is very efficient for sleeping difficulties, especially when caused by stress or anxiety. Lemon balm supports cognitive functions such as memory, it calms the mind and promotes clear thinking. It is a neuroprotector and mildly antidepressant.

The phenols contained in lemon balm are antioxidant. They help slow cellular oxidation and the peroxidation of lipids which contributes to aging of the cells. Lemon balm tincture slows the breakdown of acetylcholine by inhibiting the enzyme responsible for that breakdown. It reduces agitation, mood disorders and the alteration of cognitive functions associated with degenerative diseases such as Alzheimer's disease.

Melissa officinalis is carminative, antispasmodic and relaxes the gastro-intestinal tract. As it also calms the nervous system, it is particularly efficient to relieve digestive troubles due to stress and anxiety. It relieves indigestion, dyspepsia, colic and flatulence. It also reduces symptoms of premenstrual syndrome such as cramps and irritability.

Antiviral and antibacterial, lemon balm is used internally to treat cold sores and genital herpes. Lemon balm is used in hyperthyroidism for its antagonistic action on TSH. Its rosmarinic acid content decreases pain by blocking pain receptors. Lemon balm is a circulatory and heart tonic. It normalizes blood sugar and blood fat levels.

Lemon balm contains flavonoids (luteolin, isoquercitrin), volatile oils (citronellal, geranial), polyphenols (rosmarinic acid, caffeic acid), triterpenes (ursolic acid, oleanolic acid), tannins, bitter principles, vitamins and trace elements.

HELPFUL ASSOCIATIONS

GREEN OATSTRAW infusion for troubles of the nervous system.

DREAMTOP for sleep difficulties.

CHAMOMILE infusion for stomach irritation, gas and bloating.

ASHWAGANDHA for stress and anxiety.

NERVETOP for irritability, agitation and nervousness.

ETHNOBOTANY

Nervous system: anxiety, restlessness, irritability, agitation, nervous tension, mood swings, stress, sleep disturbances, memory loss and difficulty concentrating.

Digestive system: intestinal cramps, gas, bloating, dyspepsia, indigestion.

Other: symptoms of Alzheimer's disease, cold sores, genital herpes, migraines, palpitations, hyperthyroidism, Grave's disease.

HISTORY

The medicinal and culinary uses of lemon balm go back 2000 years. Dioscorides was the first to mention the medicinal properties of lemon balm to treat pathologies of the nervous system, mental health disorders as well as cardio-vascular and respiratory diseases. Lemon balm was brought to Britain by the Romans who appreciated its capacity to increase mental clarity, help memory and elevate the spirit. Today, lemon balm is still used in the preparation of *Carmelite Water* by the Carmelite nuns and is used for nervousness and agitation.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist.

INTERACTIONS

Do not use with alcohol or any sedative product.

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