

MELISSA LEAF DRY EXTRACT

(*Melissa officinalis* L.)

BOTANICAL DESCRIPTION:

Cut dried leaves of *Melissa officinalis* L.

Accurate selection and identification Melissa Leaf according to current monograph of European Pharmacopoeia: "1447: Melissa leaf".



EXTRACT INFORMATION:

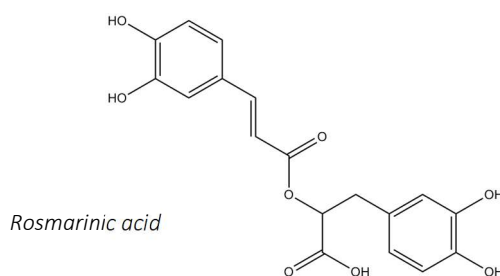
Melissa Leaf Dry Extract is obtained from the leaves of *Melissa officinalis* L. by hydroalcoholic extraction.

MELISSA DRY EXTRACT is available from Organic crops.

INCI Name: MELISSA OFFICINALIS LEAF EXTRACT

CAS/EINECS: 84082-61-1 / 282-007-0

ANALYTICAL MARKERS: Hydroxycinnamic acid derivatives: Rosmarinic acid



Select Botanicals Extracts comply with the requirements of any relevant monograph in the European Pharmacopoeia and/or European Directives applicable to the end use of the extract.

Select Botanical, S.L. manufactures Highest Quality Extracts following strictest Quality Management System in compliance with the "Good Manufacturing Practices" (GMP) requirements, carrying on the last manufacturing steps in classified areas (Clean Rooms).

PHYTOTHERAPY INDICATIONS:

- Traditional herbal medicinal product for relief of mild symptoms of mental stress and to aid sleep. ⁽⁷⁾ (tenseness, restlessness, irritability, and nervous disturbances of sleep).
- Traditional herbal medicinal product for symptomatic treatment of mild gastrointestinal complaints including bloating and flatulence. ⁽⁷⁾
- Indicated in the symptomatic treatment of digestive disorders such as minor spasms. ⁽³⁾
- Indicated in the treatment of herpes labialis (cold sores).

- Sedative ^(1,3,5,7)
- Mild tranquilizer ⁽⁴⁾
- Carminative ^(4,5,7)
- Antispasmodic ^(3,7)

ACTIVITIES AND PHARMACOLOGICAL STUDIES:

- **Sedative:** In vivo experiments, aqueous alcoholic extracts of the drug have been shown to have sedative activity. The same extract induced sleep to mice treated with a sub-hypnotic dose of pentobarbital. ^(1,3,8)
- **Anti-inflammatory:** Rosmarinic acid has been shown to inhibit complement-dependent mechanisms of inflammatory reactions. ^(3,8)
- **Antioxidant:** antioxidant and free scavenging properties have been reported for an aqueous extract. ⁽³⁾
- **Antiviral:** Aqueous extract produces antiviral effects on influenza viruses, vaccinia, and herpes simplex virus. ⁽³⁾
- **Antiseptic** ⁽⁶⁾
- **Mild tranquilizer** ⁽⁴⁾
- **Carminative** ^(4,5,7)
- **Antispasmodic** ^(3,7)

DOSAGE AND ADMINISTRATION:

Dosage and administration:

Oral Use:

Melissa Dry Extract may be found formulated in liquid and solid preparations for oral use.

Recommended dosage and administration for traditional use are indicated in the Community Herbal Monograph on *Melissa officinalis* L, folium.

EMA/HMPC/196745/ 2012

Topical use:

Melissa Dry Extract may be found formulated in creams, among others as skin conditioning.

Undesirable effects:

There are no reported toxic effects or intolerance phenomenon to normal use doses. ^(3,7)

Precautions/Contraindications:

Melissa extract should not be used orally during pregnancy and lactation without medical advice. ^(3,7)

BIBLIOGRAPHY AND OTHER REFERENCE SOURCES:

1. Cañigueral, S., Vila, R., Wichtl, M. Plantas medicinales y drogas vegetales para infusión y tisana. OEMF international srl. Milán 1998.
2. Fitoterapia. Vademecum de prescripción. Masson, S.A. 3º Ed. Barcelona. 1998
3. ESCOP Monographs. Second edition.2003.
4. Leung, A. Y., Foster, S. Encyclopedia of Common Natural Ingredients Used in Food, Drugs and Cosmetics. John Wiley & Sons, Inc. 2 nd. Edition. USA. 1996
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6. Pons, L., Parra, J. L. Ciencia cosmética. Bases fisiológicas y criterios prácticos. C.G.C.O.F. 1995.
7. Community Herbal Monograph on *Melissa officinalis* L, folium. EMA/HMPC/196745/2012. May 2013.
8. Assessment report on *Melissa officinalis* L, folium. EMA /HMPC/1967466/2012. May 2013.