

# FULL SPECTRUM™ LEMON BALM

## *Natural Calm & Rest*

- Enhances relaxation.
- Supports positive, balanced mood.

Imagine walking through a sunny meadow, a cool breeze ruffling your hair. You sit down under a tree to rest from your hike. As you close your eyes, the scent of minty lemon wafts by—you must have brushed against some lemon balm. The gentle, fresh scent is sweet, light, calming. You breathe in the aroma. You feel your body relax as the fresh scent calms your nerves and muscles.



That sweet relaxation has been known for thousands of years. Lemon balm has been used since the days of the Greeks and Romans, and it has long been used to support a positive, balanced mood state and to enhance relaxation. But it isn't just a lovely scent from the garden; lemon balm contains compounds that ease stressed nerves no matter where you are.

Planetary®Herbals presents FULL SPECTRUM™ LEMON BALM, a convenient capsule containing the phytonutrients that give lemon balm its properties. It is a gentle, ancient herb that helps maintain calm in the midst of modern-day stresses and tensions.\*

**PLANETARY®**  
HERBALS

Expert Formulations – Exceptional Results

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

The calming, restful qualities of lemon balm were known to the medieval monks, Greeks, Romans, and European herbalists. Lemon balm (*Melissa officinalis*) is a part of the mint family (*Lamiaceae*) that originated in the Mediterranean.

Lemon balm is an herb that grows in mounds, from one to two feet in height. It has small white flowers which produce an oval, brown nutlet. The plant has hairy growths (trichomes) that help it retain moisture and deter herbivores. Most strikingly, when the leaves of the plant are bruised, they emit a fresh lemon scent. It is a plant that bees love, and its Latin nomenclature comes from the Latin word for bee (*melissae*).

The leaves of lemon balm are used to give a lemony taste to baked goods, desserts, and other dishes, and at the same time, the plant is used for health. Historically it has most often been brewed as a calming tea.

But the ancient secrets have been borne out by modern research. Scientists believe that lemon balm calms the central nervous system through compounds that bind with acetylcholine receptors. This action promotes relaxation and supports a restful night's sleep. Some studies have also shown that the phenolic compounds of the plant (rosmarinic acid, *Labiatae* tannins and flavonoids), may also contribute to its benefits.

A rested, relaxed body is a treasure in our stressful, modern times. Planetary® Herbals is pleased to present you with LEMON BALM, as calming as a nap in a meadow or a fragrant cup of tea.

Planetary Herbals integrates the best of worldwide herbal traditions with modern clinical and pharmacological research. The result is an herbal product line that is unequalled for efficacy, safety and dependability. For more information or purchase locations, please visit <http://www.planetaryherbals.com>.\*

## References

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Adhering to the quality control requirements and codes of ethics of: American Herbal Products Association, National Nutritional Foods Association

