

SLEEP WELL AND LIVE BETTER



 **indena®**
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

RELISSA™
MELISSA PHYTOSOME®

RELISSA™


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WHAT IS RELISSA™?

RELISSA™ is not the usual lemon balm ingredient: it is a standardized *Melissa officinalis* leaves extract with **high content of hydroxycinnamic and rosmarinic acid, blended with an innovative formulative technology**.¹

SPECIFICATIONS

RELISSA™ is standardized to contain:
 $\geq 17\% \leq 23\%$ of hydroxycinnamic acids by HPLC.

RECOMMENDED USE AND DOSE

RELISSA™ is a light brown powder for use in nutritional supplements.
Recommended dose: 200-400 mg/day

TRADEMARKS

RELISSA™ is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

DID YOU KNOW?

The scientific name *Melissa officinalis* L. clearly reveals a direct **ancient connection with bees**.

The blooming plant attracts scores of bees, which feed on the tiny white flowers, and the genus name Melissa is in fact derived from the Greek word for "bee".

References

¹ Indena internal data

² Shakeri, F. et al., Journal of ethnopharmacology 188 (2016): 204-228

³ Swader, J. Appl. Bot. Food Qual 92 (2019): 327-335.

⁴ European commission Monograph - Melissa Officinalis

⁵ ESCOP - Melissa Officinalis

⁶ WHO Monograph - Folium Melissae

⁷ Thompson RS et al. Front Behav Neurosci 2017

⁸ Dailie B. et al. Nat Rev Gastroenterol Hepatol 2017

⁹ Indena internal data

WHAT MAKES RELISSA™ UNIQUE?

RELISSA™ is the new ingredient that embraces all Indena's milestones: 100 years of scientific background, innovative formulative solutions and attention to the ingredient source. In fact, for RELISSA™ are chosen the best *Melissa officinalis* extracts (European origin), with an eye to the environmental footprint and sustainability: **the goal is to always select the most virtuous suppliers that can guarantee, at the same time, quality and green attitude.**

The leaves of *Melissa officinalis* are the starting point of the process, providing the compounds responsible for the **several beneficial effects like promoting sleep, relaxation and calming**.²⁻⁶

More than 50 compounds have been identified in the lemon balm extracts, however its positive activity is mostly due to hydroxycinnamic and rosmarinic acids and derivatives that, in RELISSA™, have been quantified and standardized.

RELISSA™ is formulated with Phytosome® technology to allow a better dispersion in gastrointestinal fluids, **optimizing bioabsorption profile and performances**.¹

Lately, there has been an increased interest in **how the microbiome may influence our wellbeing, especially in the realm of mood and sleep.**

Lactobacillus rhamnosus - a bacteria able to colonize the gastrointestinal tract - has been proven able to **improve night rest and rapid eye movement (REM) sleep**⁷, thanks to a **positive influence over short-chain fatty acids (SCFAs)** controlling the expression of genes responsible for sleep-wake rhythms.⁸

RELISSA™ has shown no negative interactions with *Lactobacillus rhamnosus*, thus safeguarding its beneficial effect.⁹

RELISSA™ can also be **formulated in gummies**, an increasingly popular solution on the market.

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