

SLEEP WELL AND LIVE BETTER



 **indena**[®]
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

RELISSA[™]
MELISSA - INDENA 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:
≥17% ≤23% of hydroxycinnamic acids by HPLC.

RECOMMENDED USE AND DOSE

RELISSA™ is a light brown powder for use in nutritional supplements.
Recommended dose: 200 mg x 2

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 Swiader, 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* 2019

⁸ Dalile B. et al. *Nat Rev Gastroenterol Hepatol* 2019

⁹ Indena internal data

¹⁰ Bano A, et al. (2023) *Front. Pharmacol.* 14:1250560. doi: 10.3389/fphar.2023.1250560

WHAT MAKES RELISSA™ UNIQUE?

Indena's RELISSA™ **positively impacts the amount and quality of sleep**, leveraging Indena Phytosome® technology to optimize the bioaccessibility of *Melissa officinalis* in the intestinal tract.

Not to mention, it's made by Indena with a **circular process** that starts with organic *Melissa officinalis* grown in Europe and **dried with the help of solar energy, and ends with soil improver instead of waste.** All made with strong commitment to sustainability, in a **certified ISO 14001 and ISO 45001 plant where CO₂ emissions are reduced**, the energy transition is underway, and occupational health and safety are a priority.

Clinical evidences confirms its supportive action in balancing moods and contrasting stress generated during the day, to create the conditions for a more serene life 24/7.^{2-6,10}

This makes RELISSA™ your new ally for relaxation and peaceful sleep: proved by science and approved by nature.

RELISSA™ is **formulated with Indena 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 also in gummies**, an increasingly popular solution on the market.

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