



Not only do we make the supplements! We make the supplements Better.

LEMON BALM

1 OZ OIL, 1 OZ ORGANIC EXTRACT
& 100 CT



WHAT IS LEMON BALM?

Many people believe lemon balm has calming effects so they take it for anxiety, sleep problems, and restlessness. Lemon balm is also used for attention deficit-hyperactivity disorder (ADHD), an autoimmune disease involving the thyroid (Graves' disease), swollen airways, and rapid heartbeat due to nervousness, high blood pressure, sores, tumors, and insect bites.

- Some people apply lemon balm to their skin to treat cold sores (herpes labialis).
- In foods and beverages, the extract and oil of lemon balm are used for flavoring.
- As an insect repellent, dab it over all exposed areas of the body and this will keep the insects away.
- Used for menstrual cramps

Lemon balm has many medicinal qualities including being used to fight colds, settle sour stomachs, eases headaches, lower blood pressure and ease menstrual and respiratory problems. It has also been found that Lemon balm has helped decrease stress and agitation in patients with Alzheimer's disease and dementia.

The scent of Lemon Balm is used by Aroma Therapists to help relieve anxiety and depression. Lemon balm is also recommended to help ease tension, cold sores, shingles, and emotional shock and insomnia.

How does it work?

Lemon balm contains chemicals that seem to have a sedative, calming effect. It might also reduce the growth of some viruses.

Available in: 100 capsules, 1 oz organic lemon balm extract, & 1 oz lemon balm oil.

Suggested Use

KEEP OUT OF REACH OF CHILDREN

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.

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.

Supplement Facts

Serving Size: Thirty (30) Drops
Serving per container: 30

Amount Per Serving	%DV
Organic Lemon Balm Herb (melissa officianalis)	50 mg †

† Daily Value Not Established

Other Ingredients: Distilled Water, Glycerine, Citric Acid, Potassium Benzoate

Take 30 drops of extract in a small amount of water 3 to 4 times daily between meals.

Supplement Facts

Serving Size: Three (3) Vegi Capsules
Serving per container: 33

Amount Per Serving	%DV
Calories	5mg †
Total Carbohydrate	1g <1%*
Lemon Balm (leaf)	1470mg †

† Daily Value Not Established

Other Ingredients: Hypromellose (derived from cellulose) Capsule

As a dietary supplement, take three (3) capsules daily, preferably with food, or as directed by healthcare professional.

Supplement Facts

Serving Size: Ten (10) Drops
Serving per container: 90

Amount Per Serving	%DV
Lemon Balm Oil (melissa officianalis)	333 mg †
No Flavors or taste enhancers added.	

† Daily Value Not Established

Other Ingredients: Safflower Oil

Apply topically and massage until absorbed. This product is food grade and it is safe if ingested.

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