

SLEEP WELL AND LIVE BETTER



 **indena**<sup>®</sup>  
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DERIVATI  
NATURALI

HEALTH - FOOD

**RELISSA**<sup>™</sup>  
MELISSA PHYTOSOME<sup>®</sup>

**RELISSA**<sup>™</sup>  


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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.**<sup>1</sup>

## 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: 200-400 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

- <sup>1</sup> Indena internal data
- <sup>2</sup> Shakeri, F. et al., *Journal of ethnopharmacology* 188 (2016): 204-228
- <sup>3</sup> Swiader, J. *Appl. Bot. Food Qual* 92 (2019): 327-335.
- <sup>4</sup> European commission Monograph – *Melissa Officinalis*
- <sup>5</sup> ESCOP – *Melissa Officinalis*
- <sup>6</sup> WHO Monograph – *Folium Melissae*
- <sup>7</sup> Thompson RS et al. *Front Behav Neurosci* 2017
- <sup>8</sup> Dalille B. et al. *Nat Rev Gastroenterol Hepatol* 2019
- <sup>9</sup> Indena internal data
- <sup>10</sup> 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 Phytosome® technology to optimize the bioaccessibility of *Melissa officinalis* in the intestinal tract.

What's more, new clinical evidence confirms its **beneficial action in balancing moods and contrasting stress generated during the day, to create the conditions for a more serene life 24/7.**<sup>2-4,10</sup>

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 CO<sub>2</sub> emissions are reduced**, the energy transition is underway, and occupational health and safety are a priority.

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

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.**<sup>1</sup>

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**<sup>7</sup>, thanks to a **positive influence over short-chain fatty acids (SCFAs)** controlling the expression of genes responsible for sleep-wake rhythms.<sup>8</sup>

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

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

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