

SLEEP WELL AND LIVE BETTER



 **indena**[®]
INDUSTRIA
DERIVATI
NATURALI

HEALTH - FOOD

RELISSA[™]

MELISSA - INDENA PHYTOSOME[®]

RELISSA[™]


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.

Please note that the physiological activity of the ingredient described herein is supported by the referenced clinical trial reports. Marketers of finished products containing the ingredient described herein are responsible for determining whether the claims made for such products are lawful and in compliance with the laws of the country in which they will market the products.

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 Bano A, et al. (2023) Front. Pharmacol. 14:1250560.

² Di Piero F, et al. Nutrients 16:23 (2024): 4199.

³ Indena internal data.

⁴ Shakeri F, et al., Journal of ethnopharmacology 188 (2016): 204-228.

⁵ European Commission Monograph – *Melissa officinalis*.

⁶ ESCOP – *Melissa officinalis*.

⁷ WHO Monograph – *Folium Melissae*.

⁸ Swigler J., Appl. Bot. Food Qual 92 (2019): 327-335.

⁹ Kara M., et al. (2024) Frontiers in Molecular Biosciences 11: 1359177

¹⁰ Thompson R.S. et al., Front Behav Neurosci 2017.

¹¹ Indena internal data.

WHAT MAKES RELISSA™ UNIQUE?

RELISSA™ **positively impacts both the amount and quality of sleep and balancing moods, contrasting stress generated during the day, to create the conditions for a more serene life 24/7.**

Known for centuries for its calming and antistress properties, *Melissa officinalis* supports relaxation and sleep, with additional benefits like antioxidant and neuroprotective effects.³⁻⁷

Unlike traditional melissa extracts, RELISSA™ stands out due to its quantified and standardized content of hydroxycinnamic and rosmarinic acids, offering proven efficacy.^{1,2}

Its efficacy is **further supported by a unique mechanism of action, including antioxidant and neuroprotective modulation, and GABA-t enzyme inhibiting properties**, compared to unformulated melissa extracts. These results are enhanced by **Indena Phytosome® technology, optimizing performance and effectiveness**.¹¹

Importantly, RELISSA™ is a **non-melatonin solution, providing a natural alternative for sleep support** without the need for synthetic melatonin. This makes it **ideal for individuals looking for a gentle, plant-based option to enhance sleep quality**.

Made through a **circular, sustainable process**, RELISSA™ begins with organic *Melissa officinalis* grown in Europe and dried using solar energy.

The entire production process is certified under ISO 14001 and ISO 45001, with reduced CO₂ emissions and a focus on occupational safety. Soil improvement replaces waste at the end of production, underlining Indena's commitment to sustainability.

Moreover, with the increasing attention on the microbiome's role in wellbeing, particularly in mood and sleep regulation, **RELISSA™ has shown no negative interactions with *Lactobacillus rhamnosus*, a bacteria linked to improved REM sleep through the modulation of short-chain fatty acids**.^{8,9} This ensures that RELISSA™ safeguards the benefits of *Lactobacillus rhamnosus*, making it an **ideal solution for overall mental wellness** and sleep support.¹⁰

Finally, **RELISSA™ can be also formulated into gummies**, offering an appealing and popular delivery format for consumers.

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