

SLEEP WELL AND LIVE BETTER



 **indena®**  
INDUSTRIA  
DERIVATI  
NATURALI

NUTRACEUTICAL

# RELISSA™

MELISSA INDENA PHYTOSOME™

RELISSA™  


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## WHAT IS RELISSA™?

With its botanical balance and multiple scientific confirmations, **RELISSA™** is scientifically proven to contribute to **beneficial effects on mental balance and on sleep health** in adults with mild sleep problems, also associated with bad mood, anxiety, and stress **for a 24/7 wellbeing**.

Nowadays the market offers a plethora of lemon balm-based solutions, which in most cases are sacrificing quality, transparency and then science itself: **unknown phytochemical profile, erratic dosages, absence of human studies** hamper traditional melissa extract from delivering any benefit.<sup>1</sup>

The bright minds at Indena, therefore, focused on achieving the **perfect quantification and formulation of the beneficial phytoactives**, enhanced with an innovative delivery system, making **RELISSA™** a standardized, **non-melatonin reliable ingredient to support healthy sleeping, and ease mood for better quality of life around the clock**.

### 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.

#### References

<sup>1</sup>Świąder J., Appl. Bot. Food Qual 92 [2019]: 327-335.

<sup>2</sup>Bano A, et al. (2023) Front. Pharmacol. 14:1250560. doi: 10.3389/fphar.2023.1250560.

<sup>3</sup>Di Pierro F., et al. Nutrients 16.23 (2024): 4199.

<sup>4</sup>Kara M., et al. (2024) Frontiers in Molecular Biosciences 11: 1359177

<sup>5</sup>Indena internal data.

## WHAT MAKES RELISSA™ UNIQUE?

Beneficial effects on **sleep and mental wellness linked to bad mood, anxiety and stress** have been proven on multiple clinical trials.

After **3 weeks of RELISSA™** supplementation in a double-blind, placebo controlled randomized clinical study, 100 subjects experiencing mild sleep problems (PSQI score >5) or mild to moderate mental stress reported a **significant increase in quality of sleep compared to baseline levels and to the placebo group** ( $p < 0.0001$ ). Moreover, it has been highlighted a **relevant beneficial effect in mental wellbeing** (WEMWBS Score) ( $p < 0.0001$ ), as well as a reduction on DASS Score indicators ( $p < 0.0001$ ).<sup>2</sup>

In a recent new placebo controlled human study, **RELISSA™** has been **validated as sleep aid, reliving from insomnia symptoms increasing the time spent in deep sleep** thus improving overall sleep quality, **positively affecting the cognitive performance during the day**.<sup>3</sup>

**RELISSA™'s clinical efficacy is supported by its unique mechanism of action**, including superior antioxidant and neuroprotective effects and GABA-t enzyme inhibiting property compared to traditional unformulated melissa extracts. **These results are enhanced by proprietary Indena Phytosome® technology, optimizing performances and effectiveness**.<sup>4</sup>

In addition, a specific **potential interaction was closely analysed to dispel any concern within the context of recent increased interest in how the microbiome may influence our wellbeing**, especially in the realm of mood and sleep.

*Lactobacillus rhamnosus* – a type of bacteria that is able to colonise the human gastrointestinal tract – has been proven able to improve night rest.

**RELISSA™** has shown **no negative interactions with *Lactobacillus rhamnosus***, thus safeguarding its beneficial effects.<sup>5</sup>

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

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