

FRILABIOL Sleep



Passionflower

Passionflower preparations contain the aerial parts (stems, leaves, flowers, and fruits) of *Passiflora incarnata* L., a perennial climbing plant native to the Americas. Indigenous peoples of the Americas traditionally used it for various medicinal purposes.

In Europe, passionflower is traditionally used to:

- Relieve mild symptoms of mental stress
- Promote sleep

Several species of the genus are cultivated outside the Americas (including in Europe) for their ornamental flowers and edible fruits.

The fruit of *P. incarnata* is edible and known as maypop, although the more commonly consumed fruits are passion fruit (*P. edulis*) and sweet granadilla (*P. ligularis*).

Hops

Hops refer to the female flowers of *Humulus lupulus*. They are best known for their use in beer, where they contribute the characteristic bitterness.

Hops have a long tradition of use in herbal medicine, dating back at least to the 9th century in Europe.

Historically, they were used to treat a wide range of conditions, from digestive issues to leprosy (Hansen's disease).

When hops became a major ingredient in the brewing industry, scientists began to investigate their effects on the human body. Research has focused mainly on their potential in treating sleep disorders.

Although further studies are needed, evidence suggests that hops may improve sleep quality.

Mélisse

Lemon balm is an aromatic plant with a lemon-like scent, belonging to the mint family. It is native to Europe, North Africa, and Western Asia, but is now cultivated worldwide.

Traditionally, lemon balm has been used to:

- Improve mood
- Enhance cognitive function

Its benefits, however, go beyond these aspects, as it is also widely recognized for its calming properties.



EFFICACY AND INDICATIONS

- Helps relieve insomnia and anxiety.
- Reduces mild mental stress and promotes sleep.
- Appears to increase levels of GABA (gammaaminobutyric acid) in the brain.
- GABA reduces brain activity, encouraging relaxation and improving sleep quality.
- Used for relaxation and as a sleep aid.
- May help reduce insomnia.
- Some research suggests that a combination of hops extract + valerian extract at bedtime may help individuals fall asleep faster (effect observed after around 28 days of treatment).
- Preliminary studies show that hops extract alone does not significantly improve menopause symptoms after 8 to 12 weeks.
- May help relieve stress.
- May reduce anxiety.
- May improve cognitive function.
- May ease insomnia and other sleep disturbances.
- Clinical studies in healthy volunteers have confirmed improvements in cognitive function.
- Similar effects have been observed in patients with Alzheimer's disease.
- An open study in volunteers with mild to moderate anxiety and sleep disorders showed improvements in anxiety and insomnia.
- According to the EMA (European Medicines Agency), lemon balm teas and preparations (ethanolic or aqueous extracts) may be used as traditional herbal medicines.

