

PASSION FLOWER

Traditionally used in Herbal Medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress).

60 capsules 300 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80040249

History²

Passion flower was used by Aztecs and Amerindians for culinary and medicinal purposes. Its virtues came to be known in Europe in the 17th century after Spanish explorers brought specimens back with them, and it then came to be integrated into various pharmacopeias. It is still being used today in pharmaceutical preparations in Europe.

Today, ESCOP and the Commission E recognize passion flower for relieving anxiety, nervousness, muscle spasms, neuralgic disorders, as well as digestive disorders and sleep disorders due to nerves.



MEDICINAL INGREDIENT

Passion flower (*Passiflora incarnata* L. (Passifloraceae), aerial parts).....300mg

NON-MEDICINAL INGREDIENTS

Cellulose, magnesium stearate and hypromellose.

RECOMMENDED DOSE

Adults and adolescents 13 years and older: 1-2 capsules 1 time a day. Take with a glass of water at bedtime.

WARNINGS

- Consumption with alcohol, other medications or natural health products with sedative properties is not recommended.
- Consult a health care provider if symptoms worsen, if symptoms persist, if sleeplessness persists continuously for more than 3 weeks (chronic insomnia), prior to use if you are pregnant or breastfeeding.

KNOWN ADVERSE REACTION

Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

ZINGIBER OFFICINALE

Classification USDA¹

Règne : Plantae

Division : Magnoliophyta

Classe : Magnoliopsida

Ordre : Zingiberales

Famille : Zingiberaceae

Genre : Zingiber

Espèce : Zingiber officinale

Professionals

Although the composition of *Passiflora incarnata* is well known today, the identity of the active component responsible for its tranquilizing effect has yet to be determined. The effect could be due to the plant's indole alkaloids, flavonoids, or glucosides. However, as is often the case with active plant ingredients, it could be a synergy of compounds acting together that is responsible for its particular pharmaceutical effects.

Whatever the case, many clinical studies have reported on the calming effects of passion flower.

- In 2001, Akhondzadeh S et al. conducted a clinical study involving 36 patients suffering from anxiety. It was concluded that passion flower extract is an effective treatment, compared to placebo and oxazepam (oxazepam belongs to the class of medications known as a benzodiazepines, which are used for short term relief of symptoms of excessive anxiety).³
- The same team of researchers, bolstered by these results, then tested then tested the effects of passion flower on patients in detoxification to help relieve withdrawal symptoms. Used as an adjuvant therapy, the plant extract was shown to be more effective than standard medication treatment alone in reducing associated psychological symptoms.⁴
- Finally, in 2008, Movafegh A et al. tested the effect of a 500 mg dose of passion flower versus placebo on 60 patients undergoing surgery and experiencing preoperative anxiety. The study concluded that taking passion flower as a preoperative treatment reduces anxiety in patients.⁵



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Passiflora incarnata - purple passionflower** USDA Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=PAIN6> (consulté le 02.04.2015)

² **Passiflore.** Santé. Available online at: http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=passiflore_ps (consulté le 07.04.2015)

³ Akhondzadeh A et al. **Passionflower in the Treatment of Generalized Anxiety:** a Pilot Double-Blind Randomized Controlled Trial with Oxazepam. *Journal of Clinical Pharmacy and Therapeutics.* 26:363-367. 2001

⁴ Akhondzadeh A et al. **Passionflower in the Treatment of Opiates Withdrawal:** a Double-Blind Randomized Contrlled Trial. *Journal of Clin. Pharm. And Therap.* 26-369-373. 2001

⁵ Movafegh A et al. **Preoperative Oral Passiflora incarnate Reduces Anxiety in Ambulatory Surgery Patients:** a Double-Blind, Placebo-Controlled Study. 106(6):1728-32. 2008

