



PASSION FLOWER

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

Product number NPN 80040249
Dosage form Vegetable capsule
Quantity 60
Recommended route of administration Oral
Population Adultes et adolescents
Dosage
. Passion flower (*Passiflora incarnata* L.(Passifloraceae), aerial parts) 300 mg

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.

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 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 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



Therapeutic indications

- Traditionally used in herbal medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress).

RECOMMENDED DOSAGE

Adult, 1 to 2 capsule(s), once a day.

Passiflora incarnata

USDA Classification¹

Kingdom: *Plantae*
Division: *Magnoliophyta*
Class: *Magnoliopsida*
Order: *Violales*
Famiy: *Passifloraceae*
Genus: *Passiflora* L.
Species: *Passiflora incarnata* L.





Medicinal ingredient

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

Non-Medicinal ingredients

Cellulose, magnesium stearate and hypromellose

Precautions and warnings

- Taking passion flower in combination with alcoholic beverages or other medication with sedative properties is not recommended.
- Consult a health care practitioner if symptoms persist or worsen.
- Consult a health care practitioner if insomnia persists for more than 3 weeks (chronic insomnia).
- Consult a health care practitioner before using if you are pregnant or breastfeeding.

Known undesirable effects

- Hypersensitivity (e.g., an allergy) can occur. If this happens, discontinue use.
- Some people may experience drowsiness.
- Exercise caution while driving a motor vehicle, operating heavy machinery, or undertaking any activities that require vigilance.

REFERENCES

- ¹ *Passiflora incarnata* – purple passionflower USDA Plants Database. Available online at: <http://plants.usda.gov/core/profile?symbol=PAIN6> (accessed on 02.04.2015)
- ² *Passiflore*. Santé. Available online at: http://www.passeportsante.net/fr/Solutions/PlantesSupplements/Fiche.aspx?doc=passiflore_ps (accessed on 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 Controlled Trial.** Journal of Clin. Pharm. And Therap. 26:369-373. 2001
- ⁵ Movafegh A et al. **Preoperative Oral *Passiflora incarnata* Reduces Anxiety in Ambulatory Surgery Patients: a Double-Blind, Placebo-Controlled Study.** 106(6):1728-32. 2008

Léo Désilets
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