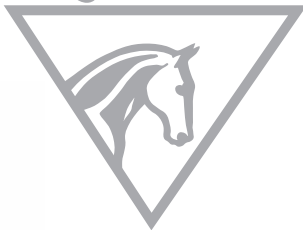


# EQUISTRO®



**Parts used:** Leaves, flowering tops

## Botany

This plant is indigenous to the east Mediterranean and west Asia and is cultivated in central Europe. This perennial grows to 90 cm high with small white bilabiate flowers.

## Constituents

Contains volatile oils (notably citronellal, neral and geraniol), phenolic compounds (including rosmarinic acid) and glycosides (eugenol) as well as flavonoids (cynaroside, cosmosiin).

## Possible Interactions

Herbs - Possibly herbs with sedative properties. Drugs - Possibly CNS depressants.

## Comments

Approved by the German Commission E for nervousness. Some research suggests that the observed behavioural effects may be due to acetylcholine receptor activity with both nicotinic and muscarinic binding properties which results in a calming effect. Certain essential oils cross rapidly the blood-brain barrier which in turn may act on the gamma-aminobutyric (GABA) receptors.



## LEMON BALM *MELISSA OFFICINALIS*

➔ Pharmacopoeia and Other Monographs  
ESCOP 2003, BP 2007, Ph Eur 2007, The German Commission E

**Vétoquinol**  
*Signe de Passion*

