

DESCRIPTION: Lavender essential oil is produced through steam distillation of the flowers, offering a unique mosaic of natural phytochemicals including linalool (terpene alcohol) and linalyl acetate (the terpene ester of this alcohol), considered the main active constituents of *Lavandula angustifolia*.

Lavender essential oil has been shown to be helpful in cases of anxiety and depression, and can even help reduce the symptoms of generalized anxiety disorder (GAD), post-traumatic stress disorder and chronic fatigue syndrome. Controlled clinical trials also show comparable results with the common group of medications known as benzodiazepines, without the side effects.

Lavender Oil pearls offer a relaxing effect for the body and mind. It is option that is both free of side-effects and non-addictive for facing many health problems related with stress and anxiety.

Ingredients: Extra-virgin olive oil (*Olea europea*), lavender essential oil (*Lavandula angustifolia*), d- α -tocopherol (vit. E) from sunflower, annatto extract (*Bixa orellana*), softgel (glacing agent: gelatine; humectant: purified water and glycerol).

Nutritional information:

1 softgel (350 mg)

Lavender essential oil	80 mg
Vitamin E (d- α -tocopherol)	6,7 mg α -TE (56%*)

*NRV: Nutrient Reference Value in %.

Size and format:

30 softgels

Recommended daily dose:

1 softgel daily with food and a glass of water.

Do not exceed the stated recommended daily dose.

Indications and uses:

Different studies have shown that Lavender Oil can be of help for:
Restlessness, mental stress and insomnia; contributing to relaxation and healthy sleep.

Cautions:

Do not use if you are pregnant or breast-feeding. Consult a health-care practitioner prior to use if you are treated with medication or if you have a special medical condition. Might cause sleepiness.

LAVENDER ESSENTIAL OIL: Lavender has been used traditionally for its sedative and anxiolytic properties, as well as for the treatment of gastrointestinal disorders. For over fifty years, its essential oil has been used to treat depression, anxiety, insomnia and cognitive disorders, and has recently been included in this practice as a complementary treatment for dementia ^(1,2).

One of its main active components, linalool, exerts a relaxing effect on smooth muscles upon inhibiting the release of the compound acetylcholine, a neurotransmitter that acts within the neuromuscular junction. Acetylcholine activates nerves for muscle stimulation, promoting relaxation. Lavender essential oil has also been proven to support the activity of gamma-aminobutyric acid (GABA), the amino acid that regulates and relaxes brain activity ^(1,2,3).

Human and in-vivo studies indicate that it may possess anxiolytic and mood-stabilizing properties, as well as sedative, analgesic, anticonvulsive and neuroprotective ⁽⁴⁾. It strengthens the effect of serotonin, the brain neurotransmitter that regulates mood ⁽⁵⁾.

Evidence from clinical trials shows that it can help reduce the symptoms of generalized anxiety disorder (GAD), post-traumatic stress disorder and chronic fatigue (neurasthenia) ⁽⁶⁻⁸⁾.

The effects are similar to those of anxiolytic drugs such as paroxetine⁽⁶⁾ and lorazepam⁽⁷⁾, but with fewer side effects.

It significantly improves the quality and duration of sleep, as well as mental health, without an excessive sedative effect ^(9,10).

VITAMIN E: An antioxidant vitamin with the ability to neutralize free radicals that are formed as a result of several metabolic processes in the body. Vitamin E supplementation can considerably improve sleep patterns ^(11,12).

References:

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