

Tuscan Serenity

Live Happily



Each day we have to face stress, anxiety, and problems. Overwhelming rhythms and the chaotic, noisy traffic of big cities often do not leave us enough time to relax. This psychological state has notable consequences at a physical level, and the high number of hypertense people present in today's society, as well as the death rate as a result of cardiocirculatory problems are testimony to this fact. Today, both physical and mental disturbances are very common. To justify this fact we could turn to statistics and projections, but it is enough simply to look at data regarding the sales of pharmaceutical products addressing anxiety, depression, sleep disorders and so on. More than 50% of the population suffers from insomnia and a similar number suffer from nervous system imbalances. With the help of herbs, it is possible to live in peace, to relax and to restart in a natural and safe way, without alcohol, sugar or preservatives.

Ingredients

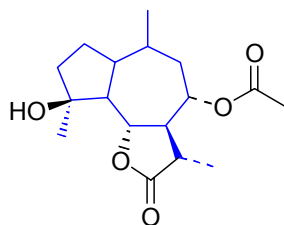
Water
Yellow Sweet Clover (*Melilotus officinalis*) leaf
Hops (*Humulus lupulus*) cone
English Lavender (*Lavandula angustifolia*) flower
Lemon Balm (*Melissa officinalis*) leaf
Chamomile (*Matricaria recutita*) flower
Linden (*Tilia platyphyllos*) flower
Licorice (*Glycyrrhiza glabra*) root
Anise (*Pimpinella anisum*) seed
Hawthorn (*Crataegus laevigata*) flower
Field Poppy (*Papaver rhoeas*) flower
natural flavors
natural caramel color (strictly to control slight variations in product appearance due to seasonal and geographic variations in natural herbs)

Herb Discussion

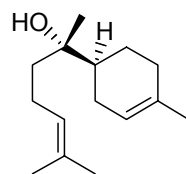
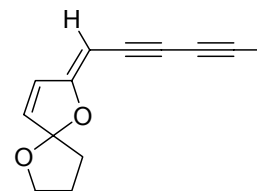
All plants used by Balestra & Mech are either wild or have not been treated with chemical agents. All products contain no alcohol, no sugar and no preservatives.

The majority of the extracts in this product have a relaxing and antispasmodic effect. Among the ingredients are **Lemon Balm, Linden, Field Poppy, English Lavender, Chamomile** and **Hawthorn**.

Chamomile is an Asteracea that is widespread throughout Europe, and commonly used because of the activity of its two chemical compounds: the essential oil and the polyphenol. The essential oil is blue because of the presence of azulene derivatives, mainly camazulene. This isosteric molecule of naphthalene is a degradation product of matricin. Other constituents are bisabolol and (Z)-en-in-dicycloethere.

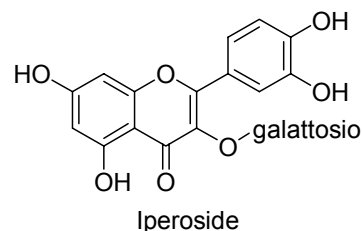


Matricin (Camazulene in blue)

 α -bisabolol

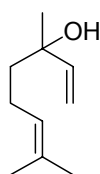
(Z)-en-in-dicycloether

The extract is mainly anti-inflammatory and antispasmodic. The extract is safe because the DL_{50} exceeds 5 g/Kg. **Hawthorn** works at a cardiovascular and a central nervous system level. It is a good sedative and regularises the heartbeat. The presence of hyperoside makes this herb diuretic. **Linden** is a tall tree that grows in temperate zones. Its chemical composition contains many compounds, polyphenols, mucilages and essential oils. The inflorescence acts as a sedative, while the alburnum is a good antispasmodic. Alburnum

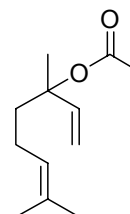


Iperoside

also seems to act as a peripheral and coronary vasodilative, a fact proven by preclinical studies. Its hypotensive activity works by decreasing peripheral resistances. The herb is not harmful in any way. **English Lavender** is a lamiacea that grows spontaneously in the Mediterranean area. An essential oil, the main ingredients of which are linalol and linalile acetate. These two molecules together represent up to 98% of the oil.



Linalol



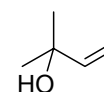
Linalile acetate

Clinical studies were performed mainly on the essential oil of lavender, and the results showed that it has a slightly antibacterial action. The herb is harmful in concentrations of 3 g/Kg, a dose that is very much higher than the one contained in this product. **Hops** act as an antibiotic, anti-inflammatory and antifungal. The reason is the presence of essential oil, which is rich with α,β -insaturate alcohol. It is also a good sedative and hypnotic, very important in this product. The extract is not harmful in any way.



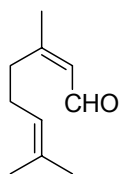
Lemon balm

Field Poppy is a good calming herb, it is considered to be a bland sopophoric, anti-cough and emollient. **Lemon balm** is a Lamiacea originating from Asia Minor. It arrived in Europe during the Middle Ages and has since then been used as a sedative for the gastrointestinal mucus.

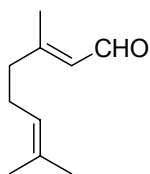


2-metil-3-en-2-olo

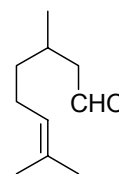
Terpenic derivatives were found in its composition, including neral (*cis*-citra), geranial (*trans*-citra) and citronellal. These derivatives act as a sedative.



Neral



Geranial



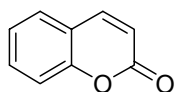
Citronellal

The extract is not harmful if taken over long or short periods.

The formula becomes complete with the addition of extracts that have depurative, anti-oxidant and anti-inflammatory properties: **Anise**, **Yellow Sweet Clover**, and **Licorice**.

Anise was used for the first time in traditional Chinese medicine. A particularly important element in its composition is anethole, which is found in the essential oil. The extract is useful against problems tied to bad digestion because it improves the digestive process and increases the gastric emptying speed. A secondary action to the depurative one, but still interesting, is the effect it has against cephalaea, sickness and palpitations tied to gastric problems.

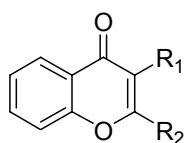
Yellow Sweet clover is an herbaceous plant that can be found throughout Europe. It has not been studied much from a chemical point of view, but it does contain coumarinic derivatives.



Coumarin

Coumarin is a heterocycle that is being increasingly studied because of its essentially anticlotting, fluidifying and antibacterial properties. This plant inhibits vitamin K, which helps increase the blood and lymphatic flows. The plant is not harmful if taken over long or short periods.

Licorice is one of the most important plants in traditional Chinese Medicine, where it was used for many types of pathology. Glycirizine and flavonoids can be found among its main components.



R₁=H, R₂=Ph Flavone

R₁=OH, R₂=Ph Flavonol

R₁=Ph, R₂=H Isoflavone

R₁=2H, R₂=H+Ph Flavonone

Flavonoids are important natural molecules and are characterized by their flavonic, flavonolic, isoflavonic and flavononic substructures that have a prevalently anti-oxidising and protective effect on the cell walls.

Recommended Use

We recommend taking one measure diluted in half a glass of water twice a day, once in the morning and once in the afternoon.

Nutrition information – per 10ml serving

Energy: 1.4 Kcal - 6.0 kJ
Protein: 0.005 g
Carbohydrate: 0.09 g of which sugars: 0.00 g
Fat: 0.03 g of which are saturated: 0.00 g
Fiber: 0.003 g

Bibliography

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This product should not be used to replace prescribed medicine

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