Consulting in Human Health, Toxicology & Regulatory Affairs

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Summary for the Product *EASYMEL (RELAXMEL)*

EASYMEL (RELAXMEL) is a product from Zuf, recommended for those of us who are constantly on a hectic schedule and feel on the edge. The blend of herbs which comprise the bees' feed used in the production of *EASYMEL (RELAXMEL)* possess bioactive substances, such as flavonoids and terpenes well established as aiding agents for lowering anxiety and promoting good sleep. The active ingredients, once absorbed in the blood, have been shown as beneficial to overall mood, anxiety, and sleep. The main herbal ingredient in the bees' feed is passionflower which boosts the level of gamma-aminobutyric acid (GABA) in the brain, which promotes relaxation. Passionflower has been shown to ease generalized anxiety with fewer side effects than prescribed sedatives.

The intake of *EASYMEL (RELAXMEL)* improved the quality of life of numerous people who have tried it.These biological activities are recorded on the WHO monographs and are corroborated by peer-reviewed scientific publications.

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The main biological activities of *EASYMEL* related to its herbal components is listed below:

1) *Passiflora incarnata*

The two major groups of compounds are flavonoids (mainly apigenin, luteolin and vitexin) and alkaloids. Both groups of herbal compounds are known and approved to treat nervousness and insomnia.

2) *Lavandula angustifolia*

The major chemical constituents are linalyl acetate and linalool. Additional constituents include terpinen-4-o, lavendulyl acetate, 1,8-cineole, camphor, limonene and α-terpineol. Numerous clinical data indicate these chemicals for the treatment of anxiety and restlessness. Other reports show potent anti-inflammatory and analgesic activity.

3) *Avena sativa*

The major chemical groups of compounds in this plant are alkaloids, flavonoids (e.g. vitexin derivatives) and steroidal saponins (Avenacoside A and Avenacoside B). These are thought to exert the pharmacological activities of the plant such anti-cancer effect against various cancer cells, anti-inflammatory and anti-analgesic effects, as well cholesterol lowering effect. In addition, Anti-estrogenic effect was reported.

4) *Vitex agnus-castus*

Two major group of compounds are found in this plant: Flavonoids (Casticin, Cymaroside and Chrysosplenol D are the major) and Diterpenes (Vitexilactone, Rotundifuran and Vitexlactam A). These herbal compounds are recognized by the monographs to play a role in the symptomatic treatment of gynecological disorders including premenstrual syndrome, menstrual irregularities, dysmenorrhea etc.
In addition, there is evidence that an extract from the fruits may prolong lactation in breastfeeding women.

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5) *Inula Helenium*

The main active ingredients are sesquiterpene lactones, mainly alantolactone, isoalantolactone and alloalantolactone. These compounds exhibit anti-cancer effects against various types of human cancers cells lines, with potent anti-oxidant activity.
In addition, there are report highlighting these compounds as potent anti-inflammatory agents (in several dermatology studies).

6) *Humulus Lupulus*

This plant main active compounds are humulone (35-70%) and lupulone (30-55%). It also contains the terpenes myrcene beta-caryophyllene in its essential oil.
Official monographs list this plant as an aid in cases of anxiety, sleep disorders, mental tension, attention deficit-hyperactivity disorder (ADHD) and symptoms of menopause.

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Bibliographic References in addition to the WHO monographs regarding the herbal substances in the formula.

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