

## **Passiflor Complex - 100 tablets - Food supplement B104**

Passiflor Complex contains modern, dry extracts of herbs (standardised nebulisates). This updated formula has recently been expanded to include valerian.

Hops, valerian and passion flower promote sleep (provisional authorised claims EFSA-ID 2636 and 2680).

Passion flower has a sleep-inducing effect (provisional authorised claim EFSA-ID 2636).

### **Ingredients and herbs per 2 tablets:**

- Passiflora incarnata (passion flower, herb) 3.5% vitexin 200 mg
- Avena sativa (oats) 4:1 extract 140 mg
- Humulus lupulus (Hops, hop cones) 4:1 extract 100 mg
- Valeriana officinalis (Valerian, root) 8% valeric acid) 80 mg
- Melissa officinalis (Lemon balm) 5% rosmarinic acid 40 mg
- Tilia europea (Crimean lime, flowers) 0.5% flavonoids 40 mg
- Chamomilla (Chamomile, flowers) 4:1 extract 40 mg
- Saffron (Crocus sativus, pistil) 3% safranal 10 mg
- Fillers: vegetable magnesium stearate and stearic acid, rice starch, microcrystalline cellulose, diglyceride.
- Anti-caking agent: silicon dioxide. Contains minor traces of **OATS**.

### **Use and warnings:**

Adults and children aged 12 and over take 1 tablet twice daily with meals. Do not use during pregnancy or while breastfeeding. This product may affect your ability to drive or operate machinery. Do not exceed the recommended dosage. Keep out of reach of children. Do not use if you are hypersensitive to any of the herbs or other ingredients in this product. A dietary supplement is not a substitute for a balanced diet. Take care when using products that affect the central nervous system, such as antidepressants and sedatives. For more information on the simultaneous use of herbs and medicines, see: <https://www.cbg-meb.nl/onderwerpen/medicijninformatie-kruiden>.