

## Passiflora Complex

### Description

#### Passiefloor-Complex - 100 tablets - Food supplement B104

Passiefloor-Complex contains modern, dry extracts of herbs (standardized nebulisates). This renewed formula has recently been extended with Valerian.

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

Passionflower has a sleep-inducing effect (provisional permitted claim EFSA-ID 2636).

Daily use of 600 mg of St. John's wort extract or more is beneficial for a good mental balance and helps with pressure and effort (provisionally permitted claim EFSA-ID 3596).

#### Ingredients and herbs per 2 tablets:

Passiflora incarnata (Passionflower, herb) 3.5% vitexine 200 mg

Avena sativa (Oats) 4: 1 extract 140 mg

Humulus lupulus (Hop, hop cones) 4: 1 extract 100 mg

Hypericum perforatum (St. John's wort, root) 0.3% hypericin 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, cottonseed oil. **Anti-caking agent:** silicon dioxide. This product does not contain gluten, soy or milk proteins. May contain minor traces of oats.

#### Usage and warnings:

Adults and children from 12 years take 1 tablet twice a day with meals.

Do not use during pregnancy and lactation. This medicine may affect the ability to drive and use machines. Do not exceed recommended dosage. Keep out of reach of children. Do not use in hypersensitivity to any of the herbs or other ingredients in this product. A dietary supplement is not a substitute for a balanced diet.

This product contains St. John's wort (*Hypericum perforatum*). St. John's wort can adversely affect the effect of certain medicines. St. John's wort is thought to enhance the action of certain cytochrome 450 enzymes, which are found in the liver, among other things, so that certain medicines can be broken down more quickly and have a lesser effect. If you use a medicine in combination with St. John's wort, you are advised to contact your pharmacist or practitioner about this. For more information about the simultaneous use of herbs and medicines, see (Dutch language):

<https://www.nvwa.nl/onderwerpen/voedingssupplementen-en-kruidenpreparaten/content/risk-s-gelijktijd-gebruik-van-kruidenpreparaten-met-geneesmiddelen>

St. John's wort can reduce or affect the way the following medicines work:

inhibitors of the immune system, such as cyclosporine

anticoagulants of the coumarin type (e.g. acenocoumarol (Sintrom), phenprocoumon (Marcoumar))

anti-epileptics: phenobarbital and phenytoin

bronchodilators: theophylline

cardiac glycosides for heart failure and arrhythmias: digoxin

inhibitors of the HIV virus: indinavir

certain forms of the contraceptive pill, such as: desogestrel, levonorgestrel and ethinyloestradiol

concomitant use of antidepressants such as Prozac is not recommended

St. John's Wort may exacerbate photosensitivity, therefore individuals with hypersensitivity to sunlight should not take high doses of St. John's Wort.