



food supplements



RELAXATION AND MENTAL HEALTH AREA



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what is the use of the product?

In the last few years, a whole new niche has sprung up around products for stress, relaxation and sleeplessness. A number of food supplements have been found to help ease the burden of depression, insomnia and anxiety.

effects

on the cardiovascular system

1. useful to regulate blood pressure
2. useful to regulate the cardiovascular function.

on the nervous system

3. useful for relaxation and mental health.



formulation

Powder in sachets, tablets and capsules.



REFERENCES

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Effect of hawthorn standardized extract on flow mediated dilation in prehypertensive and mildly hypertensive adults: a randomized, controlled cross-over trial. *BMC Complement Altern Med.* 2012 Mar 29;12:26. doi: 10.1186/1472-6882-12-26.

