

TECHNICAL MONOGRAPH

PRODUCT NAME: Serenity

CONSTITUENTS:	Common Name	Botanical Name
	Peppermint	<i>Mentha X piperitae</i>
	Lemon balm	<i>Melissa officinalis</i>
	Chamomile	<i>Matricaria recutita</i>
	Aniseed	<i>Pimpinella anisum</i>

INTENDED PURPOSE

Serenity is an herbal composite formulated as a mood enhancer to reduce ill temperament, anxiety and tension so that the everyday handling and training is made easier by maintaining a natural balance and calmness.

EVIDENCE FOR EFFICACY

- **MENTHA X PIPERITAE** (PEPPERMINT) MINT HAS LONG BEEN USED IN EVERY DAY LIFE IN VARIOUS FOOD ITEMS AS A FLAVOURING AGENT AND AS A MEDICINAL INGREDIENT. EXTRACTS FROM THE LEAVES HAVE SIGNIFICANT ANTIMICROBIAL AND ANTIVIRAL ACTIVITIES, STRONG ANTIOXIDANT ACTIONS, AND POTENTIAL TO ENHANCE IMMUNE SYSTEM FUNCTIONS (MCKAY AND BLUMBERG 2006; SHARAFI ET AL. 2010; AHMAD ET AL. 2012).
- **MELISSA OFFICINALIS** (LEMON BALM) IS A PERENNIAL HERB IN THE MINT FAMILY AND CULTIVATED IN CENTRAL-SOUTHERN EUROPE AND THE MEDITERRANEAN REGION. THE DRIED AND CRUSHED LEAVES, WHEN CONSUMED AS A DIETARY SUPPLEMENT, EXERTS A MILD SEDATIVE OR ANXIOLYTIC EFFECT. IT HAS BEEN USED TO ALLEVIATE AGITATION IN PEOPLE WITH DEMENTIA, AND HAS DEMONSTRATED POTENTIAL TO LOWER STRESS REACTIVITY AND ENHANCE MOOD. (BALLARD ET AL. 2002. HAMER ET AL. 2005; PERRY AND HOWES 2011).
- **MATRICARIA RECUTITA** (CHAMOMILE) HAS BEEN USED AS A MEDICINAL HERB FOR CENTURIES. ITS DRIED FLOWERS CONTAIN MANY TERPENOID AND FLAVONOID THAT CONTRIBUTE TO ALLEVIATING AILMENTS SUCH AS HAY FEVER, INFLAMMATION, MUSCLE SPASMS, MENSTRUAL DISORDERS, INSOMNIA, ULCERS, WOUNDS, GASTROINTESTINAL DISORDERS, RHEUMATIC PAIN, AND HEMORRHOIDS (PINTO ET AL. 2008; SRIVASTAVA ET AL. 2010; AMSTERDAM ET AL. 2009). THE COMPOUND APIGENIN ALSO EXERTS ANXIOLYTIC AND SLIGHT SEDATIVE EFFECTS WITHOUT BEING A MUSCLE RELAXANT (VIOLA ET AL. 1995).
- **PIMPINELLA ANISUM** (ANISEED) IS AN AROMATIC PLANT THAT HAS BEEN USED IN TRADITIONAL MEDICINE (ESPECIALLY ITS FRUITS) AS A CARMINATIVE, AROMATIC, DISINFECTANT, AND GALACTAGOGUE. THESE COMPOUNDS EXHIBIT ANTIFUNGAL, ANTIVIRAL, ANTIBACTERIAL, ANTI-INFLAMMATORY AND ANTI-ULCER PROPERTIES (KOSALEC ET AL. 2005; TABANCA ET AL. 2007; AL-BAYATI 2008; LEE ET AL. 2011; SHOJAH AND ABDOLLAHI FARD 2012). EXTRACTS FROM THE SEEDS ARE ASSOCIATED WITH NEUROPROTECTIVE AND IMMUNE ENHANCING EFFECTS. AN HERBAL COMPOSITE CONTAINING FENNEL REDUCED THE PRESENCE OF INFLAMMATORY CELLS IN THE RESPIRATORY TRACT AND REDUCED BREATHING RATE IN HORSES WITH HEAVES (PEARSON ET AL. 2007).

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