



Passionflower TINCTURE

SPASMS
Antispasmodic

NPN 80003071
50 ml

Each ml contains

Passionflower	fresh aerial part	<i>Passiflora incarnata</i>	1:3	327 mg	Organic
Alcohol 33% to 38%, certified organic					

DOSAGE

INTERVENTION: 1 ml, 4 to 5 times per day.

TREATMENT: 1 ml, 2 to 3 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water, 15 to 30 minutes before meals. Use for 6 weeks. Repeat as needed.

MODE OF ACTION

Passionflower is essentially an antispasmodic herb. It relieves muscle spasms, menstrual cramps and bronchial spasms during asthma or whooping cough. It has been demonstrated that passionflower slows oxidative stress which is linked to the development of Alzheimer's and Parkinson's diseases and that it is a neuroprotector. It reduces the symptoms of these diseases and slows their development. Finally, it is antispasmodic and analgesic and reduces nerve pain, headaches and the pain caused by teeth-grinding and crookneck.

It is also a powerful nervine. It calms nervousness, agitation and nervous tension. Studies have shown that the anti-anxiety effect of passionflower is as effective as drugs but has less side effects. It is also used for general anxiety and pre-surgery anxiety. Passionflower modifies the metabolism of the neurotransmitter GABA, more specifically its secretion and reuptake. It is used in certain cases of ADHD.

Passionflower is one the best herbs to treat stubborn and chronic insomnia. It soothes mental stress and the incessant mental dialogue that keeps one awake. It helps those who are agitated and irritable and have difficulty sleeping following stressful events (burnout, sickness, overwork). Passionflower is more effective when combined with other sedative herbs. It helps fall asleep, increases sleep time, reduces nocturnal awakenings and nightmares.

Passionflower decreases opioid withdrawal symptoms and the anxiety caused by giving up alcohol. It relieves premenstrual nervous symptoms, menopausal insomnia and waking up in the middle of the night.

The flavonoids in passionflower are powerful antioxidants. Its nootropic and neuroprotector effects are very helpful to counter degenerative diseases. Passionflower decreases cardiac symptoms caused by stress (palpitations, arrhythmia, hypertension, tachycardia), it is anti-inflammatory and anticonvulsant.

The main constituents of passionflower are flavonoids (isovitexin, quercetin, kaempferol, chrysin), polysaccharides (arabinoglucan), amino acids (GABA), alkaloids (passiflorin, harman, atropine), maltol, phenolic compounds (gallic acid), coumarin derivatives, fatty acids (linoleic, linolenic) and phytosterols (stigmasterol).

HELPFUL ASSOCIATIONS

GREEN OATSTRAW infusion for spasms and nervous troubles.

SKULLCAP tincture for anxiety, muscle spasms.

ASHWAGANDHA tincture for stress accompanied by anxiety and sleep disturbances.

MENSTRUIX for abdominal spasms.

DREAMTOP for sleep disturbances.

ETHNOBOTANY

Nervous system: anxiety, agitation, nervous tension, generalized anxiety, pre-surgery anxiety, insomnia, nerve pain, nervous tics, epilepsy, vulvodynia.

Other: muscle tension and spasms, menstrual cramps, Parkinson's disease, Alzheimer's disease, cough from asthma, whooping cough.

HISTORY

The Spanish conquistadores heard about passionflower from the Aztecs of Mexico who used it for insomnia and agitation. They brought it to Europe to cultivate it and include it in the European pharmacopeia. Spanish missionaries of South America considered passionflower as a symbol of the passion of Christ, whence its name. *Passiflora incarnata* was used in North American traditional medicine by the Houmas who added it to water for its tonic properties. It was later used for the treatment of epilepsy before it became a popular treatment for insomnia.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist. Do not use during pregnancy and breastfeeding.

INTERACTIONS

Do not use in combination with other sedatives or MAOI.

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