

SOLARAY®

DIETARY SUPPLEMENT

Lemon Balm

Melissa
officinalis
475 mg
per capsule

WHOLE AERIAL

100 VegCaps



For safety of children, keep this product out of their reach. Please read the label carefully before using this product.

Directions: Use only as directed. Take one VegCap daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
Lemon Balm (<i>Melissa officinalis</i>) (aerial)	475 mg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule and Organic Rice Extract Blend.

Discussion: Indigenous to the mountain regions of southern Europe, lemon balm is now a common plant found in gardens everywhere. There is an old myth that this fragrant herb attracts honey bees more than other plants, giving it the nickname of "bee balm." The flavorful leaves enjoy culinary appreciation, especially in the form of a refreshing tea. In Medieval times, drinks with lemon balm were thought to comfort the heart and lift the spirits. Today, a variety of uses exist both internally and topically.