Melissa officinalis

Melissa officinalis, commonly known as Lemon Balm, is a perennial herb belonging to the mint family and native to Europe, the Mediterranean region, and parts of Western Asia. It has been traditionally used for centuries for relaxation, digestive comfort, and emotional wellbeing. Today, it is widely utilized in herbal medicine, teas, and wellness products.

Key facts

• **Scientific name:** *Melissa officinalis*
• **Common names:** Lemon Balm
• **Family:** Lamiaceae
• **Active compounds:** Rosmarinic acid, flavonoids, essential oils
• **Typical forms:** Teas, capsules, tinctures, extracts

Botanical characteristics

Melissa officinalis is a fragrant perennial herb with soft green leaves and a characteristic lemon scent. The aerial parts of the plant are harvested and processed for medicinal, culinary, and aromatic applications.

Traditional and modern uses

Traditionally, Lemon Balm has been used to support relaxation, sleep, digestion, and nervous system balance. In modern herbal medicine and wellness industries, it is frequently included in calming teas, sleep-support formulations, and stress management supplements.

Mechanism and research

Research suggests that compounds such as rosmarinic acid may contribute to antioxidant and calming effects. Studies have investigated Lemon Balm for stress reduction, sleep quality, cognitive performance, and mild anxiety-related symptoms, though additional clinical research is still needed.

Safety and regulation

Melissa officinalis is generally considered safe when consumed in moderate amounts as teas or supplements. Mild gastrointestinal discomfort or sedation may occur in sensitive individuals. Product quality and concentration may vary between commercial formulations.

Culinary and supplement context

Lemon Balm is widely used in teas, herbal blends, desserts, beverages, and dietary supplements. Its pleasant citrus aroma and relaxing profile have contributed to its popularity within global herbal and wellness markets.

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