

Integrative Balance Psychotherapy & Wellness Coaching

- Lemon Balm Info Sheet -

Note: Always research supplements (including potential risks and contraindications) before use. Always discuss supplements with your physician before use.

What is Lemon Balm (Melissa Officinalis)?

Lemon balm is a perennial herbaceous plant that grows throughout the world. It can be acquired in a variety of formats, including herb, capsule, or tincture. I typically recommend tinctures as an effective form of herbal consumption. It is a fairly well researched plant that has been shown to be effective in the treatment of depression and anxiety.

Recommended Dosage:

300-600 mg, 1-3 times per day.

Indicated For:

Amenorrhoea, anxiety, calming nerves, chronic fatigue, colds, cold sores, colic, depression, dizziness, fevers, gastrointestinal complaints, headaches, herpes virus, hypertension, insomnia, menstrual cramps, mental clarity and concentration, nausea relief, nervous agitation, neurocardiac syndrome, painful urination, palpitations, phobias, relaxation, shingles, sleeping problems, upset stomach, viral infections, wounds.

Warnings and Contraindications:

Very little information is available on how lemon balm might affect a developing foetus, an infant, or a small child. Therefore, its use is not recommended during pregnancy, while breast-feeding, or during early childhood.

When lemon balm is used with both prescription and non-prescription drugs that promote sleepiness, the effects of the drug may be exaggerated, resulting in sedation or mental impairment. Lemon balm may cause excessive sedation if it is taken with other potentially sedating herbs such as: Catnip, Hops, Kava, St. John's Wort and Valerian.

Lemon balm should not be taken with alcohol.

Due to its potential effects on thyroid hormone utilization, lemon balm may interfere with therapy for hyperthyroidism (thyroid hormone excess) or hypothyroidism (thyroid hormone deficiency). Those with thyroid concerns should avoid lemon balm.

In animal studies, lemon balm increased pressure inside the eyes. Even though similar results have not been reported in humans, individuals who have glaucoma should not take lemon balm.