

## **Lemon Balm Info Sheet**

### **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 utilisation, lemon balm may interfere with therapy for hyperthyroidism (thyroid hormone excess) or hypothyroidism (thyroid hormone deficiency).

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.