

# *Sleeplessness*

## *Stress*

### *Restlessness*



PASCOFLAIR® is a high dose herbal Passionflower which **acts quickly**<sup>14</sup> to relieve symptoms. Studies have shown Passionflower to:

- have strong **anxiolytic** activity<sup>1,2,3,4,5</sup>
- improve **restlessness/agitation**<sup>14</sup>
- improve **sleep**<sup>16</sup>

# Product Information



**NPN: 80010899**

## Each tablet contains:

Dry extract (5-7:1) of *Passiflora incarnata* L. (passionflower), equivalent to 2.125g - 2.975g aerial parts. Extractant: ethanol 50% (V/V)

**Dosage:** Adults and children over 13: 1 tablet twice daily.

## Indication:

Traditionally used in herbal medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress).

## Detailed Information:

Passionflower is one of the most powerful herbs used to treat mental health disorders. It is also one of the best-researched, with multiple studies in animals and humans as well as a long history of clinical use.

There are several different species of passionflower, however the studies agree that *Passiflora incarnata* L. - specifically, ethanol extracts of the aerial parts - have the greatest clinical effects.

Given the level of evidence, it is surprising that passionflower is not more widely used in natural medicine.

Studies have shown clear benefit of using passionflower for:

### Anxiety

Passionflower extracts - including the same extract used in PASCOFLAIR® - have equal anxiolytic effects to diazepam (Valium)<sup>1,2</sup>, oxazepam<sup>3</sup>, and mexazolam<sup>4</sup> with a better safety profile than these medications.

Research has also shown decreased anxiety in patients undergoing surgery versus placebo, without any negative impact on sedative or time-to-discharge measures.<sup>5</sup> A second study has found that passionflower can be a very useful anxiolytic when taken before dental procedures.<sup>6</sup>

### Attention Deficit Hyperactivity Disorder

Passionflower extract had similar effectiveness at improving symptoms of ADHD in children to methylphenidate (Ritalin). There was also an improved safety profile, with significantly less anxiety versus the methylphenidate group.<sup>7</sup>

## Substance Withdrawal Symptoms

Passionflower shows promise in the treatment of opiate, benzodiazepine and nicotine withdrawal in animals and humans.<sup>8,9,10</sup>

The British Herbal Compendium indicates passionflower for sleep disorders, restlessness, nervous stress, and anxiety.<sup>11</sup> Germany's rigorous Commission E approved the use of passionflower for nervous restlessness.<sup>12</sup>

Passionflower is very safe, with only very rare reports of hypersensitivity and no toxicity at a chronic daily dose of 600mg/kg in mice (equivalent to at least 30g/day in humans).<sup>13</sup>

## Mechanism of Action

PASCOFLAIR® has been shown to have effects in the brain as measured by EEG. In one study, PASCOFLAIR® showed a rapid onset of action (within 30 minutes) by changing the patterns of brain waves to a more calming pattern.<sup>14</sup> The mechanism of action has been shown to be through effects on GABA neurotransmission: it inhibits reuptake and influences GABA receptors, but without binding to sites on the receptor which are implicated in addiction (i.e. benzodiazepine binding sites).<sup>15</sup> This helps to explain why PASCOFLAIR® can be used safely without any known dependence potential.

**PASCOFLAIR® won the 2009 "Apotheken-Award" for Natural Medicine** - an honour chosen by German pharmacists each year for the best in natural medicine.

PASCOFLAIR® is part of PASCOE CANADA's complete mental health solution. **NEURAPAS® balance**, **PASCONAL® Drops** and **ZINCUM Similiaplex®** can all be used as needed for various aspects of mental health.

## References:

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