

LAVELA WS 1265™

A CLINICAL PROVEN ORAL LAVENDER ESSENTIAL OIL FOR RELAXATION & OCCASIONAL ANXIETY.*

Lavela WS 1265™, also known as Silexan™, is a clinically proven, non-habit-forming oral lavender essential oil (*Lavendula angustifolia*) that has been shown to promote relaxation, foster sleep quality in those experiencing occasional anxiety, calm nervousness, and support general mental health.* Clinical trials published in peer reviewed medical journals demonstrate Lavela 1265™ as a well-tolerated option for occasional anxiety.*^{1,2}

INDICATED FOR OCCASIONAL ANXIETY.*

While lavender's chemical composition includes terpenes, alcohols, ketones, polyphenols, and flavonoids, its monoterpenes linalyl acetate and linalool are the most likely primary components responsible for its beneficial activity.³ Both linalool and lavender essential oil have demonstrated *in vitro* a dose-dependent ability to interact with the glutamate NMDA-receptor and an ability to bind to the serotonin transporter (SERT).⁴ The lipophilic properties of lavender essential oil enable it to cross cell membranes and impact signaling channels in neurons isolated from animal models.⁵

CLINICALLY RESEARCHED SILEXAN™

Lavela WS 1265™ (Silexan™) is one of the few oral lavender essential oils with demonstrated efficacy and safety in published, controlled clinical trials.

A double-blind, placebo-controlled clinical trial showed that Silexan™ significantly reduced nervousness and improved perceived/subjective sleep quality after four weeks compared to placebo, in subjects with occasional anxiety.*¹ Furthermore, subjects taking Silexan™ reported significantly improved general mental health than their placebo counterparts.*

Another double-blind, controlled trial showed that Silexan™ reduced nervousness similar to conventional treatment in subjects with occasional anxiety.*²

Finally, a double-blind, placebo-controlled clinical trial showed that Silexan™ significantly reduced occasional anxiety after four weeks compared to placebo, in subjects with restlessness and disturbed sleep.*⁶

Lavender eructation was reported in some study subjects; however, there were no reports related to sedation or withdrawal. These clinical studies demonstrate that Silexan™ supports sleep when disrupted by occasional anxiety and helps relieve occasional anxiety without withdrawal or sedative effects.*

REFERENCES

1. Kasper S et al. *Int Clin Psychopharmacol*. 2010;25(5):277-87.
2. Woelk H et al. *Phytomedicine*. 2010;17(2): 94-9.
3. Donelli D et al. *Phytomedicine*. 2019;65:153099.
4. Lopez V et al. *Front Pharmacol*. 2017;8:280.
5. Schuwald A et al. *PLOS ONE*. 2013;8(4):e59998.
6. Kasper S et al. *Eur Neuropsychopharmacol*. 2015;25(11):1960-7.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

