

Green Oat

Green Oat Herb Tablet (Film-Coated)



Anklam Extrakt® combines high quality extracts with exceptional service. We are pleased to present our new product concept: a ready-to-sell film-coated tablet containing our premium green oat herb extract.



The term “*Avena sativa* L., herba” refers to the aerial parts of the plant just before flowering. The herb is harvested in a green, premature state and is rapidly dried thereafter.

Extract details

Green oat herb powdered extract:

Avena sativa e herb extr spir sicc – 00-115-0178-00P

DER native: 4–6:1

Extraction solvent: ethanol 30% (m/m)

70% native extract

Dosage

300 mg native green oat herb extract per tablet

Regulatory status

Traditional herbal medicinal product

Recommended intake

1 tablet, 2 times daily for adolescents over 12 years of age, adults and elderly. The use is not recommended in children under 12 years of age. (Source and calculation on basis of HMPC monograph)

Indication

Traditional herbal medicinal product for relief of mild symptoms of mental stress and to aid sleep.

(Source: HMPC monograph)

Used plant material

Oat (*Avena sativa*) is a species from the genus *Avena* within the Poaceae family. It is an annual herbaceous plant of which height can reach 0.6 to 1.5 metres (2 to 4.9 feet). Botanically, green oat is a meadow grass. Due to its low demands on soil, oat can be cultivated anywhere with a moderate climate, even with high precipitation. It is grown in low mountain ranges, the Alpine foothills and in coastal regions. The blooming period is between June and August.

Literature

1. Singh R, De S & Belkheir A. *Avena sativa* (Oat), A Potential Nutraceutical and Therapeutic Agent: An Overview. *Critical Reviews in Food Science and Nutrition* 53:126–44 (2013)
2. Community herbal monograph on *Avena sativa* L., herba; HMP, final, Doc. Ref. EMEA/HMPC/202966/2007 (London, 4 September 2008)
3. Wichtl M (2016) *Avenae herba*. In: Teedrogen und Phytopharmaka. Wissenschaftliche Verlagsgesellschaft mbH, 6. Auflage, Stuttgart.



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Court of registration: Neubrandenburg
Registry number: HRB 17217

Sales tax identification number
according to § 27a UStG: DE254700277

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Print: 08/2018

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