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Dear reader,

Lemon balm is a traditional and versatile plant. Even Paracelsus knew about the effect of the herb. Today, lemon balm is used for stress symptoms as well as gastrointestinal disorders and can be found in pharmaceuticals and food supplements. Typically, lemon balm is also used in the treatment of herpes.

Would you like to learn more about lemon balm and its effects?

Our recent article in Wellness Foods and Supplements highlights many facets of this impressive plant.

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