Lippia Citriodora (Lemon Verbena) Leaf Extract (and) Glycerin (and) Water
Lippia Citriodora (Lemon Verbena) is an herbal species from the Verbena family and it is mostly used as a spice and medicinal plant. Native for South America, lemon verbena was introduced to Europe and North America by the Spanish expeditions to the region. Its leaves have traditionally been used in infusions for the treatment of asthma, cold, fever, flatulence, colic, diarrhoea, indigestion and skin infections.

Lemon verbena extracts and oils have been used to help lower inflammation and relieve the skin. Made into a floral vinegar, this plant was used to soften and freshen the skin. It also had been used in cooking, to add flavor, perfume and aromas. Infused in tea, lippia citroistica was used as an aromatic massage lotion. It is also well used in hair rinses to help strengthen hair and improve its growth. Some believe putting dried leaves of lemon verbena into their pillows encourages healthy sleep.

Water infusions of lemon verbena have been proven to have potent antioxidant activity. This is achieved by scavenging free radicals and chelating iron ions, which is possibly related to its content in phenolic compounds such as verbascoside, hesperidin, rutin and naringin. Besides, it also contains a number of other beneficial components including vitamin C, flavonoids, and essential oils, all of which are responsible for its health benefits. Phenolic compounds are abundant in most plants, which are believed to be important for human health and well-being. 

Geraniol, neral and limonene are the main constituents in the essential oil extracted from fresh leaves of lemon verbena, ranging from 66.3% of the composition in May when growth rates are maximal, to 69% in September, following a decline during the period of bloom (Northern hemisphere).

Lemon Verbena extracts include:

- anti-inflammatory and anti-allergic activities
- protecting red blood cells and vessels against oxidative damage
- modulating glutathione-redox activity in lymphocytes and erythrocytes
- protecting plaques from exercise oxidative damage

Traditional & Modern Medicinal Uses

Lemon verbena, as well as its citric scent, provide significant benefits for cosmetics and toiletries. INOLEX Provence uses only lemon verbena, which is possibly related to its content in phenolic compounds.

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Phytochemical Composition

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<tr>
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<td>16 - 120 mg/g dry extract</td>
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Note: The expected value range was obtained from the literature and is presented for illustration only. The composition may vary according to climate condition, soil condition, region, variety of lemon verbena. INOLEX Provence uses only lemon verbena from its community to begin growing the very best organic variety of lemon verbena.

References


Cosmetic Benefits & Usage

PhytoTrace™

Lemon Verbena

1. Antioxidant and anti-inflammatory activities
2. Protecting red blood cells and vessels against oxidative damage
3. Modulating glutathione-redox activity in lymphocytes and erythrocytes
4. Protecting plaques from exercise oxidative damage

Table 1. Main phytochemical compounds in Lippia Citriodora leaves

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French

Carrot

Fig

Lemon Verbenas

Olive

Rice

Saffron

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Glycerin (and) Water

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