

## Organic Linden Flower Extract Powder



Organic linden flower extract powder is an extract from an organic linden flower. Linden is a deciduous tree, native to much of Europe, including locally in southwestern Great Britain, growing on lime-rich soils. The common names largeleaf linden and large-leaved linden are in standard use throughout the English-speaking world except in the British Isles, where it is widely, but not universally, known as large-leaved lime. Linden flower tea has a delightful smell and flavor, that is sipped before bedtime, can help to relax the body while soothing, and irritable and tense mind which enables the person to unwind and rest. As a relaxing nervine, linden has been used to assist folks struggling with insomnia, nervous and muscle tension, anxiety, depression, hyperactivity, digestive issues originating from emotional unrest, and even hysteria and mania.

### Benefits

- Relaxing nervine helps to calm tension and irritability in the nervous system - Anxiolytic eases

anxiety - Antispasmodic eases muscle cramping - Hypotensive, assists in lowering blood pressure -  
Vasodilator helps to dilate blood vessels

## Packing

