Lemon Balm Materia Medica

Research • Observe • Verify • Reflect

Study date / specimen or reference

Record how identification was verified.

My direct observations

Appearance, leaf structure, growth habit. Never identify plants by scent alone.

Botanical reference(s)

Source, author, URL or book page, access date.

Traditional-use statement + source

Separate traditional-use classifications from proof of effectiveness.

Research questions to revisit

Capture uncertainties instead of making unsupported claims.

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Source-aware study and reflection

Safety and preparation questions

Population, preparation, interactions, contraindications: research, do not guess.

Evidence vs tradition: what does the source actually claim?

EMA describes specified leaf preparations in a traditional-use framework.

What I learned / next research step

Write one insight, one uncertainty, one next action.

Starting references

Kew botanical identity: https://powo.science.kew.org/taxon/450084-1

EMA public assessment: https://www.ema.europa.eu/en/medicines/herbal/melissae-folium

Educational and organizational worksheet only. Not a plant-identification, treatment, dosage, or individualized safety guide. Do not ingest unidentified plants.