

Clinical Studies on Euvegal® forte

Insomnia						
Author/Year	Subject	Design	Duration	Dosage	Preparation	Results/Conclusion
Dressing <i>et al.</i> , 1996	Insomnia	DB, PC n=68 adults with insomnia	2 weeks	2 tablets, 160 mg valerian extract with 80 mg lemon balm extract (each), 2x/day	Euvegal® forte valerian and lemon balm tablet vs. placebo	Sleep quality improved in valerian/lemon balm combination compared to placebo (p=0.02) and remained in effect 1 week after medication was discontinued (p=0.10).
Albrecht <i>et al.</i> , 1995	Driving ability and combination with alcohol	R, DB, PC n=54	3 weeks	2 tablets, 2x/day or placebo	Euvegal® forte	Traffic safety was evaluated using psychometric tests. The treatment group showed no difference in driving ability compared to placebo, and treatment did not potentiate the effect of alcohol consumption. The study concluded that Euvegal® does not cause impairment of the operation of machinery or the driving of vehicles.
Dressing <i>et al.</i> , 1992	Insomnia	DB, PC, CO n=20 adults with insomnia	9 days	160 mg valerian with 80 mg lemon balm or 0.125 mg triazolam (Halcion®)	Euvegal® forte valerian and lemon balm tablet vs. placebo	Both active treatments were equivalent and significantly better than placebo. The herbs caused less daytime sedation and impairment of mental functions.

KEY: C – controlled, CC – case-control, CH – cohort, CI – confidence interval, Cm – comparison, CO – crossover, CS – cross-sectional, DB – double-blind, E – epidemiological, LC – longitudinal cohort, MA – meta-analysis, MC – multi-center, n – number of patients, O – open, OB – observational, OL – open label, OR – odds ratio, P – prospective, PB – patient-blind, PC – placebo-controlled, PG – parallel group, PS – pilot study, R – randomized, RC – reference-controlled, RCS – retrospective cross-sectional, RS – retrospective, S – surveillance, SB – single-blind, SC – single-center, U – uncontrolled, UP – unpublished, VC – vehicle-controlled.