

CALIFORNIA POPPY

California Poppy (*Eschscholzia californica*) is not only the state flower of California but also an excellent source of powerful compounds. A traditional medicinal plant of Native Americans, the California Poppy has long been used by those living on the West Coast of the USA for mild pain-relieving properties and to promote restful sleep.

California Poppy is also traditionally used to soothe feelings of stress and promote relaxation. It was often brewed into teas or tinctures for this purpose. Poppy was believed to help calm the mind, soothe frazzled nerves, and restore balance to the body. Extracts of this vibrant yellow-orange flower are also used topically as a poultice to soothe discomfort.

Scientists have discovered that the California Poppy has phytochemicals called alkaloids, including protopine and allocryptopine, which

act on GABA receptors within the nervous system. These elements support our body's ability to diffuse nervous tension and achieve restful sleep.

California Poppy has been shown in scientific studies to:

- Calm occasional feelings of anxiety
- Encourage relaxation and support healthy sleep



SUPPLEMENT FACTS

Serving Size: 2.5mL

Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	10	
Organic Fresh California Poppy (<i>Eschscholzia californica</i>) 1:2 extract from 1.25 g Herb	2.5mL	**

**Daily Value Not Established.

Other Ingredients: Pure Alcohol (63-73% by volume), Deionized Water

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.



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