

CHAMOMILE

Chamomile (*Chamomilla recutita*), also known as German Chamomile, is a medicinal herb belonging to the Asteraceae family. It's native to Europe and Western Asia but is now cultivated worldwide. German Chamomile is known for its delicate, daisy-like flowers with white petals and yellow centers. It's been used for thousands of years by ancient Egyptians, Romans, and Greeks to soothe feelings of anxiety and settle stomachs.

Chamomile is well-recognized for its traditional use in supporting a healthy GI tract. It supports the integrity of the GI mucosa and improves many other aspects of digestion, which is why it was commonly used to ease an upset stomach, heartburn, nausea, and vomiting.

The flowers contain essential oils, flavonoids, and other bioactive compounds that contribute to its medicinal benefits. The main constituents are terpenoids, including α -bisabolol and apigenin. One of the key components of German Chamomile essential oil is chamazulene, which gives the oil its characteristic blue color (not visible in the tincture) and anti-inflammatory properties.

Chamomile has been shown in scientific studies to:

- Encourage relaxation and support a healthy nervous system response
- Support healthy digestion and intestinal motility
- Support the integrity of the intestinal mucosa
- Promote the body's normal skin tissue repair mechanisms
- Encourage relaxation and support healthy sleep patterns
- Support a healthy menstrual cycle



SUPPLEMENT FACTS

Serving Size: 2.5mL
Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	10	
Organic Chamomile (<i>Matricaria recutita</i>) 1:3 Extract from .83 g Flower	2.5mL	**

**Daily Value Not Established.

Other Ingredients: Purified water, Pure Alcohol (45-55% by volume)

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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