

Chamomile Tincture

What Is It?

As children, your mothers may have given you Chamomile (*Matricaria recutita*) in the form of tea for an upset tummy. You may also remember it being used by Peter Rabbit in the old children's book. Chamomile is used orally as a gentle, safe, herbal medicine for a variety of problems including sleep, anxiety, and stomach upset. It is used topically for eczema and skin healing.

How much should I take?

The Herb Pharm product in our pharmacy can be taken throughout the day for mild anxiety or as a digestive aid. In this case you can take 30- 40 drops (1-2 dropperfuls) 2-5 times a day as needed. For sleep, you can take a higher dose (up to 4-5 dropperfuls).

Please note different brands may have different amounts in each formulation!

Is It Safe?

Since it is used for sleep, it can be sedating. In rare cases, people can be allergic to Chamomile, especially those who have a severe ragweed allergy. In this case it should be avoided.

Quality is very important when choosing over the counter supplements or herbs. If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!