

## **Wild Oats Milky Seed**

### **What Is It?**

This is a tincture made from the seed of oats (*Avena sativa*). It is harvested fresh when the seed has a milky appearance. The juice is then squeezed out and immediately made into a tincture.

While oat bran is eaten in the diet as an excellent source of fiber, the milky seed is used for support of nervous conditions. This can be anything from mild to moderate stress, anxiety, panic, or body relaxation. It can also augment medications used for these concerns.

### **How Much Should I Take?**

As recommended by the GAIA product in our pharmacy, you can take 30-50 drops 3-4 times throughout the day. You can also take double that dose as needed during more acute or stressful situations. It typically has an immediate effect.

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

### **Is It Safe?**

One of the remarkable qualities of Wild Oats is its extreme safety and tolerability.

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!