

Product Profile

CALIFORNIA POPPY

Eschscholzia californica

Liquid extract of fresh whole flowering plant with root.

Actions: Contains sedative alkaloids similar to the Opium Poppy alkaloids, yet are very safe and non-addictive. Antispasmodic, analgesic (quiets pain) and soporific (induces sleep).

Uses: Anxiety, restlessness and insomnia. Headache, toothache, and general neuropathies. Is tolerated well by children, and is especially indicated in bed-wetting associated with nervousness.

Dose: Take 30 to 40 drops, 2 to 5 times per day.

Cautions: Consult a qualified midwife or physician before taking during pregnancy.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.