

## Product Profile

# CHAMOMILE

*Matricaria recutita*

Liquid extract of fresh flowers.

**Actions:** Antispasmodic and calming sedative. Digestant, stomachic and carminative. Anti-inflammatory and vulnerary. Diaphoretic. Excellent remedy for children.

**Uses:** Nervous irritability (especially in children and the aged); nervous, peevish children (especially during teething); false pains and nervousness during pregnancy; premenstrual syndrome (PMS) and nervousness during menses; delayed menses due to chill or nervousness; nervous cough; nervous stomach and intestinal cramps; flatulence and colic. Inflammatory conditions (especially gastrointestinal); gastric or intestinal ulcers; nervous diarrhea. Bedwetting caused by bladder irritation. Fevers, colds and flu.

**Dose:** Take 30 to 40 drops, 2 to 5 times per day. Take in hot water to promote sweating and abate colds.

**Cautions:** None known.



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.

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