



*The Wellness Way*  
We don't guess...we test!

## Chamomile

Chamomile contains a-bisabolol and chamazulene, flavonoids, and coumarins among its many other constituents. Chamomile has been used for thousands of years as traditional medicine and is best known to calm anxiety and settle stomachs. Other uses include gastrointestinal tract inflammation, easing spasm of digestive tissue, and protection against ulcers. Chamomile can be used topically to promote wound healing.

These phytochemicals in Chamomile help to:

- Reduce gas buildup in the intestines
- Encourage relaxation and support a healthy nervous system response
- Support normal intestinal motility
- Support the integrity of the intestinal mucosa
- Support healthy digestion and appetite
- Stimulate the body's normal tissue restoration functions



### Supplement Facts

Serving Size: 2.5 mL (1/2 tsp)  
Servings Per Container: 72

	Amount Per Serving	% Daily Value
<b>Calories 5</b>		
Chamomile 1:2 extract from (Chamomilla recutita) flower	<b>2.5 mL</b>	<b>**</b>

\*\*Daily Value not established.

Other Ingredients: Purified water, alcohol

**Directions:** Take 2.5 mL once in the morning and take 2.5 mL in the evening, both with water, juice, or as directed by your health care professional.

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