



NATURE'S SUNSHINE

# Chamomile

GOOD FOR

Nervous System

Brain

SIZE **100 Capsules**

ITEM # **190**

SERVING **1**

SUPPLY **50 days**

DIRECTIONS FOR USE Take 1 capsule with a meal twice daily.

## — How the Key Ingredients Work

Chamomile has been trusted for centuries to help the body find its balance — easing everyday tension, soothing an unhappy tummy, and supporting your natural defenses. This single-herb formula brings you the full, gentle power of one of the world's most beloved wellness plants.

**Chamomile – Calm & Relaxation Support** — Chamomile is perhaps best known as nature's chill pill. Research shows it can meaningfully ease feelings of anxiety and everyday worry, and a long-term clinical study found it helped people stay calm even after their anxious feelings had already settled down — a sign of real, lasting support for a relaxed mind.

**Chamomile – Restful Wind-Down** — A warm cup of chamomile tea before bed is a ritual for good reason. The plant's naturally occurring compounds interact with the same calming receptors in the brain that help signal it's time to relax, making chamomile a gentle, non-habit-forming ally for winding down at the end of a busy day.

**Chamomile – Tummy Comfort & Digestive Ease** — Chamomile has a long, well-earned reputation for settling an upset stomach. Traditional herbalists called it a carminative — meaning it helps ease gas, bloating, and cramping. Clinical research backs this up: chamomile is a key ingredient in a well-studied herbal blend shown in quality trials to reduce abdominal pain and IBS-related discomfort.

**Chamomile – Antispasmodic Digestive Action** — Beyond general tummy soothing, chamomile helps relax the smooth muscles of the digestive tract. This antispasmodic quality is why it has been formally recognized by Germany's Commission E — a respected herbal medicines authority — as a supportive herb for gastrointestinal spasms and discomfort.

**Chamomile – Antioxidant Defense** — Every day your body faces oxidative stress from pollution, processed food, and normal metabolism. Chamomile extracts have been shown in lab studies to neutralize multiple types of free radicals. Even better, a clinical trial in real people found that drinking chamomile tea improved measurable antioxidant markers in the body, supporting your cells' natural defenses.

**Chamomile – Supporting Healthy Blood Sugar Balance** — The same clinical trial that measured antioxidant improvements also found that chamomile tea helped support healthier blood sugar levels in participants. While chamomile is not a treatment for any condition, these findings suggest it may play a helpful supporting role in everyday metabolic wellness as part of a balanced lifestyle.

**Chamomile – Skin Soothing & Topical Comfort** — Chamomile has been used on skin for generations, and modern research confirms why. Its natural compounds have well-documented anti-inflammatory and skin-calming properties. Applied topically, chamomile preparations have been shown to help soothe redness, irritation, and minor skin discomfort, making it a go-to botanical for sensitive or reactive skin.

**Chamomile – Insect Bite & Sting Relief** — A 2023 study highlighted that alpha-bisabolol — one of chamomile's key active compounds — can help soothe insect bites through its anti-inflammatory and calming actions on the skin. Chamomile's natural antipruritic (itch-relieving) properties make it a practical, gentle option for minor bites and stings.

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