



Chamomile - <i>Matricaria recutita</i>	
Description	Chamomile comes from the dried daisy like flowers of the <i>Matricaria recutita</i> plant (sometimes called <i>Matricaria chamomilla</i> , <i>Chamomilla recutita</i> or German chamomile). The healing properties of Chamomile are attributed in part to its volatile oils which contain the active compound apigenin.
Traditional Use	Chamomile is known as a great soother and is noted for its anti-inflammatory and anti-spasmodic effects. It is widely used to promote general relaxation. It is taken to help soothe skin rashes and burns - including sunburn.
Commercial Availability & Dosage	Crude dried flowers are available to buy in bulk. Chamomile tea is readily available, also aqueous or alcohol extracts and topical ointments. As a general guide, 2-4grams dried flower per day, as an infusion (tea) is recommended ¹ .
Precautions / Contra-Indications	Do not take chamomile oil internally.
Pregnancy & Breastfeeding	At recommended doses and particularly in tea form, Chamomile is safe for use in pregnant and breastfeeding women.
Adverse Effects^{1,2}	Allergic reactions have been reported in those individuals sensitive to members of the Compositae family, i.e. daisies, ragweed, and chrysanthemums.
Interactions¹	None known
References	<ol style="list-style-type: none">1. Mills, S. & Bone, K. Principles and practice of phytotherapy. Churchill Livingstone, 2000.2. Braun & Cohen. Herbs and Natural Supplements: An evidence-based guide. Churchill Livingstone, 2005.