

Peaceful Nights™ Product Science – Chamomile Monograph

{Note: the underlined sections within the text of the abstracts are highlighted for emphasis by us, not the authors}

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Matricaria chamomilla (German chamomile) - monograph.

[No authors listed]

Chamomile is a widely recognized herb in Western culture. Its medicinal usage dates back to antiquity where such notables as Hippocrates, Galen, and Asclepius made written reference to it. A common ingredient today in herbal teas because of its calming, carminative, and spasmolytic properties, it is also a popular ingredient in topical health and beauty products for its soothing and anti-inflammatory effects on skin. Chamomile has a sweet, grassy, and lightly fruity aroma. Its flowers are daisy-like, with yellow centers (approximately 1-1.5 cm in diameter) and white petals (between 12-20 in number). It is from the plant's fresh and dried flower heads that infusions, liquid extracts, and essential oils are made. Two species of chamomile are generally used in traditional herbalism, *Matricaria chamomilla* (Chamomilla recutita; German chamomile; Hungarian chamomile) and *Chamaemelum nobile* (Roman chamomile). Both annual herbs belong to the Asteraceae/Compositae family and are similar in physical appearance, chemical properties, and general applications. German chamomile, however, is the more familiar and more commonly used of the two.

"Regarding sedative activity, one study using intraperitoneal administration of chamomile extract in mice concluded that apigenin* functions as a ligand for benzodiazepine receptors, resulting in anxiolytic and mild sedative effects*, but no muscle relaxant or anticonvulsant effects. (16) In contrast to diazepam, apigenin does not cause memory impairment. A lyophilized infusion of chamomile, also administered intraperitoneally in mice, elicited a depressive effect on the central nervous system. (17)"

"Sleep Enhancement

In an open case study to examine the cardiac effects of two cups of chamomile tea on patients undergoing cardiac catheterization, the authors observed that 10 of 12 patients in the study achieved deep sleep within 10 minutes of drinking the tea*. (19) The patients had a small but significant increase in mean brachial artery pressure. No other significant hemodynamic changes were observed."

{*NOTE: The 100 mg of Chamomile extract used in Peaceful Nights™ is standardized to 1% apigenins, equivalent to several cups of the tea}

References Cited:

(16.) Viola H, Wasowski C, Levi de Stein M, et al. Apigenin, a component of Matricaria recutita flowers, is a central benzodiazepine receptors-ligand with anxiolytic effects. Planta Med 1995;61:213-216.

(17.) Loggia RD, Traversa U, Scarcia V, Tubaro A. Depressive effects of Chamomilla recutita (L.) rausch, tubular flowers, on central nervous system in mice. Pharmacol Res Commun 1982;14:153-162.

(19.) Gould L, Reddy CV, Gomprecht RF. Cardiac effects of chamomile tea. J Clin Pharmacol 1973; 13:475-479.

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