

FRONT (10,5cm Across)

Useful for: For babies/kids, rub on their gums to soothe the process of teething & reduce toothache. Reduces colic in babies.

Chamomile Tincture is safe for children to be consumed. It also helps to calm their agitated minds & help them get deep slumber.

Taking it before bed helps calm the mind. Muscular Pain, Nervous Disorders, Insomnia, Irregular periods & cramps.

deAfrique

Chamomile  
(Matricaria Recutita)  
Herbal Tincture

May Assist with:

Rub gums to soothe the teething.  
colic. calmative.  
stress relief.  
reduce anxiety.  
insomnia.  
nausea



Ingredients:

Chamomile flower tops (Chamomile recutita)  
Chamomile is extracted with grain alcohol (50 v/v) for the maintenance of phytochemical equilibrium. Purified Water

Suggested Use:

Take drops 3 times daily before meals  
Adults: 15-30 drops, either on/under your tongue or dilute in a little wafer or juice.  
Child: 2-4 years 5 drops, dilute in a little water or juice  
4-12 years 7 drops  
12 years & older 10 drops, dilute in a little water or juice

Shake well before use.

50ml PEEL HERE

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(5cm Down)



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PEEL OFF (10,5cm Across)

Chamomile Tincture is highly cherished as a digestive relaxant. For centuries, it is used to treat different gastrointestinal disturbances, especially diarrhoea, nausea, vomiting, motion sickness, anorexia, flatulence, bloating gas, spasms, liver dysfunction and urinary tract infections. Chamomile extract is clinically proven to act as a mild sedative to reduce anxiety, calm the nervous tension, agitation, nightmares, hysteria, insomnia & other sleep-related issues. It is regarded as a mild tranquilizer and sleep-inducer due to one of its flavonoids, apigenin that binds to benzodiazepine receptors in the brain to induce sedation and achieve calm. It is formulated from chemical-free, organic chamomile flowers, macerated in grain alcohol for longer periods. Chamomile flowers are harvested at the peak of their readiness & shade-dried to perfection to preserve their aroma and phytochemical content. Taking it before bed helps calm your mind. Since ancient times, chamomile (Chamaemelum nobile) is used to ameliorate a multitude of ailments. It helps with irregular periods & cramps followed by scarce bleeding. Its calming property makes it perfect for the treatment of insomnia and other sleep-related disorders.

**Other Names:** German Chamomile, Chamomile Matricaria

**Cautions:** Do not take Chamomile if you have a medical condition or are in the course of medical treatment; if you are programmed for theatre/operation in the near future, consult your healthcare practitioner before using this product.

This product cannot replace a varied and balanced diet and a healthy lifestyle.

This product is not intended to prevent or cure any form of illness or disease.

This product has not been evaluated by the SAHPRA for its quality, safety or intended use.

**Side Effects and Warnings:**

- Not to be used with sedatives or alcohol
- Those allergic to pollen of other aster family plants, may have an allergic reaction.
- Not for use during pregnancy or nursing mothers
- Excessive use should be avoided
- Do not exceed the recommended dose
- Keep out of reach of children • Keep out of direct sunlight
- Free from gluten, yeast, colouring, preservatives, and flavouring

Store below 25°C

(5cm Down)