



### ROMAN CHAMOMILE - 5ML

Roman chamomile (*Chamaemelum nobile*) has a warm, sweet, herbaceous scent that is relaxing and calming for both mind and body. Its gentleness makes it especially valuable for restless children. Soothing to all types of skin, it is used extensively in Europe in skin preparations. Roman chamomile is also beneficial when added to massage oil for relief of muscle discomfort after exercise. Roman chamomile was one of the Saxons' nine sacred herbs. Roman Chamomile has an approximate ORAC of 2,446 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

Additional References for Roman Chamomile:

- [HerbalGram](#) - Access the archives of the peer-reviewed journal of the American Botanical Council.
- [HerbMedPro](#) - Hyperlinked access to the scientific data underlying the use of herbs for health.

How to use: For dietary or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

Ingredients:

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.