

GERMAN CHAMOMILE - *MATRICARIA CHAMOMILLA*

Oral

Date

June 2nd, 2021

Proper name, Common names, Source material

Table 1. Proper name, Common names, Source material

Proper name	Common names	Source material		
		Proper name	Part	Preparation
<i>Matricaria chamomilla</i>	<ul style="list-style-type: none"> • Blue chamomile • Chamomile • Common chamomile • German chamomile • Hungarian chamomile • Matricaria • Scented chamomile • Scented mayweed • Sweet false chamomile • True chamomile • Wild chamomile 	<i>Matricaria chamomilla</i>	Flower	Dried

References: Proper name: USDA 2018; Common names: USDA 2018, McGuffin 2000 et al. 2000; Source material: Mills and Bone 2005, ESCOP 2003, Blumenthal et al. 2000, WHO 1999, Bradley 1992.

Route of Administration

Oral (ESCOP 2003; Blumenthal et al. 2000; WHO 1999; Bradley 1992)

Acceptable dosage forms by age group:

Children 2 years: The acceptable dosage forms are limited to emulsion/suspension and solution/liquid preparations (Giaccoia et al. 2008; EMEA/CHMP 2006).

Children 3-5 years: The acceptable dosage forms are limited to chewables, emulsion/ suspension, powders and solution/liquid preparations (Giaccoia et al. 2008; EMEA/CHMP 2006).

Children 6-11 years, Adolescents 12-17 years, and Adults 18 years and older: The acceptable dosage forms are limited to chewables, emulsion/ suspension, powders and solution/liquid preparations (Giaccoia et al. 2008; EMEA/CHMP 2006).

Uses or Purposes

- Used in Herbal Medicine to help relieve inflammatory conditions of the gastrointestinal tract (Blumenthal et al. 2000; Bradley 1992).
- (Traditionally) used in Herbal Medicine to help relieve mild digestive upset (such as dyspepsia, flatulence, bloating and belching) (Mills and Bone 2005; ESCOP 2003; Bradley 1992; Felter 1922; Ellingwood 1919; Felter and Lloyd 1898).
- (Traditionally) used in Herbal Medicine to help relieve restlessness and/or nervousness (calmative) (Blumenthal et al. 2000; WHO 1999; Bradley 1992; Felter 1922; Ellingwood 1919; Felter and Lloyd 1898).

The following combined uses or purposes are also acceptable:

Used in Herbal Medicine to help relieve inflammatory conditions of the gastrointestinal tract and mild digestive upset (Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000; Bradley 1992; Felter 1922; Ellingwood 1919; Felter and Lloyd 1898).

Note

Claims for traditional use must include the term "Herbal Medicine", "Traditional Chinese Medicine", or "Ayurveda".

Doses

Subpopulations

As specified below.

Quantities

Methods of preparation: Dry, Powder, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Proper name, Common name, Source material

Table 2. Dose information of *Matricaria chamomilla* dried flower presented as dose per day

Subpopulations		Dried Flower (grams/day)	
		Minimum	Maximum
Children	2-4 years	0.3	4.0
	5-9 years	0.4	6.0
	10-11 years	0.8	12.0
Adolescents	12-14 years	0.8	12.0
	15-17 years	1.5	24.0
Adults	18 years and older	1.5	24.0

Table 2. Dose information of *Matricaria chamomilla* dried flower presented as dose per day

Subpopulations	Dried Flower (grams/day)	
	Minimum	Maximum
Children and adolescent doses were calculated as a proportion of the adult dose (JC 2018). The use of German chamomile in children and adolescents is supported by the following references: Schilcher 1997; Bove 1996		

Directions for use

No statement required..

Risk Information

Cautions and warnings

Consult a healthcare practitioner/health care provider/health care professional/doctor/physician if symptoms persist or increase.

Contraindications

No statement required.

Known adverse reactions

Stop use if hypersensitivity/allergy occurs (ESCOP 2003; Bradley 1992).

Storage conditions

No statement required.

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