



Chamomile PLant

Botanical Name: *Matricaria Chamomilla*

We have worked closely with our Egyptian producers and suppliers, who are a family owned business for a number of years. Chamomile is an Egyptian winter crop that is sown in September and harvested in January and February. The sweet, daisy like flowers of Chamomile are used to support the nervous system and digestion.

Chamomile has been shown to relieve the effects of anxiety and promote a restful night's sleep.

TASTING NOTES: Floral, honey- like.

This ingredient is sourced from Egypt.



**Now that you know more
about Chamomile, you should
check out our blends
with Chamomile.
The Lion Sleep Tonight**

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