

## California Poppy Flower

*(Eschscholzia californica)*

California poppy benefits the body in many ways, primarily through the nervous system. Known as a 'nervine,' California poppy helps balance emotions, calm nerves, helps reduce sensitivity in the nerves, and is a good stress fighting herb. The whole plant (leaf, stem, and flower) is used to gently support restful sleep and general relaxation. Another benefit is in turning around physical and mental tiredness. It helps temporarily reduce exertion-related (aches and pain, occasional headaches, and stress related) tension. It is a very good herb to use for those in recovery programs. Also used to support the urinary tract and liver health.

California poppy is the state flower of California. It is a bright orange flower that grows in fields, roadsides, and gardens and opens in the sun and closes at night. California poppy is found from the Pacific Coast to Texas. Historically, the Native Peoples of the West Coast used it as a nutritional food plant and for tooth pain.

California Poppy works well with other nerve supporting herbs such as Valarian root, Kava root, Blue vervain, and Hops. California poppy is not narcotic like the opium poppy, and is not habit forming.\*

**SUGGESTED USE:** 1/4 teaspoon (1.23mL) 1 to 3 times a day, or as needed. Shake well.

**INGREDIENTS:** Vegetable Glycerin, Purified Water, California Poppy Flower (*Eschscholzia californica*).

**BODY SYSTEM:** Nervous

**NOTE:** Not for use in pregnancy except under the supervision of a qualified healthcare practitioner.



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

Cedar Bear, Liquid Herbal Supplements

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### Herbs For Your Health

Cedar Bear uses only whole plant parts, Kosher certified vegetable glycerin, and purified water. That's it! Nothing added, nothing taken away. Each herb is put through our proprietary multi-step process so the health benefits that Nature provided the herb with are fully intact. Build, balance, and support your health with Cedar Bear's herbs as the number one choice in your home.

- Tastes Great!
- Manufactured in USA
- NO Alcohol is Ever Used
- NO Preservatives
- NO Refrigeration Needed