

Chamomile

Chamomile is derived from a flower and has been used for centuries to improve sleep. Recent studies found that a pill form of chamomile helped anxiety (better than a placebo or sugar pill).

How To Take It

- Chamomile 220mg/d
- Choose a brand containing 1.2% apigenin (e.g. *Nature's Way* brand on Amazon.com).

Side Effects

Chamomile is generally well-tolerated. It should not be taken during pregnancy as it can cause uterine contractions that may lead to miscarriage.

—Chris Aiken, M.D., updated 9/28/14

