Chamomile Tea

Draxer Teas · Chamomile flower · 20 pyramid bags of 3 g · Caffeine free

INDICATION

Anyone who sleeps poorly or feels wound up, including new mothers and older adults; bloating or mild stomach cramps; period pain; and a caffeine-free drink after meals in type 2 diabetes or raised blood pressure.

-1.88
points on the PSQI sleep score across 10 trials (3)

8 weeks
of 3 cups a day lowered HbA1c and insulin resistance (8)

76%
less period pain; 40% on mefenamic acid (11)

1–3 cups
a day, one before bed

01 COMPOSITION AND DOSE

Chamomile (*Matricaria chamomilla*) flower	**3 g per bag**

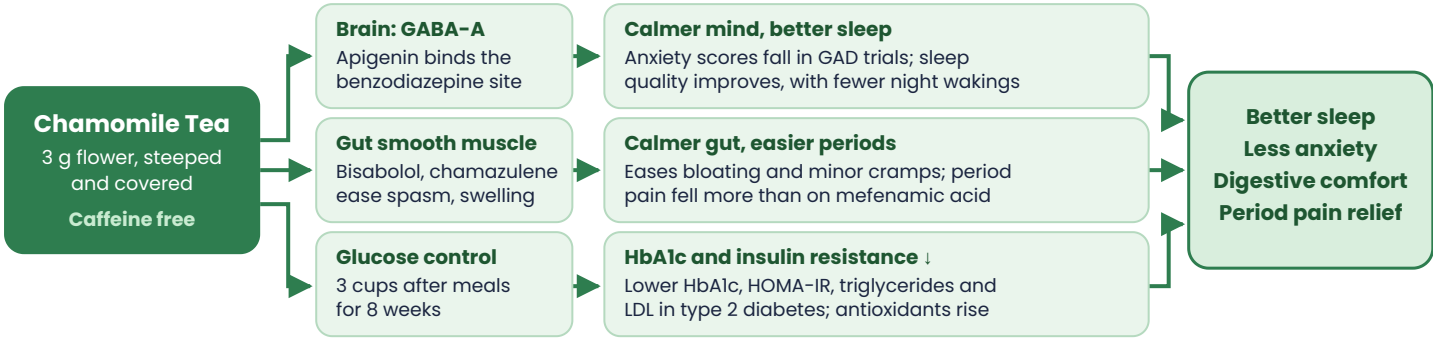
Whole flower in a pyramid bag; no flavourings, sugar or caffeine. Key constituents: apigenin (flavonoid), α-bisabolol and chamazulene (volatile oil). **Preparation:** one bag in 150 ml of just-boiled water, covered, for 5 to 10 minutes; 1 to 3 cups a day, one before bed. This is within the EU monograph dose of 1.5 to 4 g per cup, 3 to 4 times daily (1). **Label use:** promotes relaxation, supports restful sleep and provides a natural source of antioxidants.

HOW IT WORKS

Apigenin, the main flavonoid, binds the benzodiazepine site of the GABA-A receptor; in animals it calmed anxiety without sedation at ordinary doses (13).

α-Bisabolol and chamazulene in the volatile oil are anti-inflammatory and relax gut smooth muscle (14), so the tea eases bloating and minor spasm (1); in trials it also relieved period pain (11, 12).

Taken after meals, the tea lowered HbA1c and insulin resistance and raised antioxidant enzymes in type 2 diabetes (8, 9).



02 EVIDENCE, WITH REFERENCES

Study	Design and people	Intervention	Main result
Hieu 2019 (2)	Meta-analysis, 12 RCTs	Chamomile, mostly extract	Sleep quality better (SMD −0.73); HAM-A anxiety score lower at 2 and 4 weeks
Kazemi 2024 (3)	Meta-analysis, 10 trials (772 adults)	Chamomile tea or extract	PSQI 1.88 points better; fewer night wakings; no adverse events reported
Chang 2016 (4)	RCT, 80 postnatal women with poor sleep	Tea, 1 cup a day, 2 weeks	Better sleep and lower depression scores
Adib-Hajbaghery 2017 (5)	RCT, 60 older adults	Extract 400 mg/day, 28 days	Sleep quality significantly better than on placebo
Amsterdam 2009 (6)	Double-blind RCT, 57 adults with GAD	Extract up to 1,100 mg/day, 8 weeks	HAM-A fell about 3 points more than on placebo
Mao 2016 (7)	Randomised withdrawal, 93 responders with GAD	Extract 1,500 mg/day vs placebo	Symptoms stayed lower; weight and blood pressure fell; side effects as on placebo
Rafraf 2015 (8, 9)	Single-blind RCT, 64 adults with type 2 diabetes	Tea 3 g in 150 ml, 3 times daily after meals, 8 weeks (this tea)	HbA1c, insulin, HOMA-IR, triglycerides and LDL lower than on water; antioxidant enzymes up 26–45%
Akhgarjand 2024 (10)	Meta-analysis, 4 RCTs	Chamomile tea or extract	HbA1c SMD −0.90; fasting glucose SMD −0.65
Modarres 2011 (11)	Crossover RCT, 80 students	Chamomile capsules vs mefenamic acid, 6 cycles	Pain score 4.65 to 1.12, vs 2.80 on mefenamic acid
Niazi 2021 (12)	Systematic review, 7 trials, 1,033 women	Chamomile for primary dysmenorrhoea	Less period pain and lighter menstrual bleeding

Guideline: the EU herbal monograph recognises chamomile tea for bloating and minor spasms of the gut, and for symptoms of the common cold (1). **Evidence base:** most sleep and anxiety trials used extracts; the tea trials are small (4, 8).

WHO BENEFITS MOST

Poor sleepers
Light or broken sleep, including new mothers and older adults.
Expect: better sleep within 2 to 4 weeks

Stress and worry
Feeling wound up, or mild to moderate anxiety; a calm evening routine.
Expect: calmer within 2 to 4 weeks

Period pain, cramps
Primary dysmenorrhoea; bloating and minor stomach cramps after meals.
Start: 2 to 3 cups a day around the period

Type 2 diabetes
A sugar-free, caffeine-free drink after meals, alongside treatment.
Expect: lower HbA1c at 8 weeks on 3 cups a day

HOW TO USE IT IN PRACTICE

- **Starting:** one bag in 150 ml of just-boiled water, covered, 5 to 10 minutes; 1 to 3 cups a day, one before bed. For diabetes, a cup after each main meal.
- **Monitoring:** a sleep diary (or PSQI) for sleep; GAD-7 for anxiety; a pain score for periods; HbA1c and fasting glucose for diabetes.
- **Review:** sleep and anxiety at 4 weeks; HbA1c at 8 to 12 weeks. No better by 4 weeks: look for a cause and refer.
- **With prescribed treatment:** can be drunk with metformin and other diabetes medicines (monitor glucose) and blood pressure medicines; on warfarin, check INR.
- **Sleep habits:** pair the bedtime cup with a regular bedtime, a dark room and no screens for the last hour.
- **With Draxer products:** Magnesium Glycinate with Zinc for sleep and muscle cramps; Vitex for PMS; GynoEssence for PCOS/PMOS; Spearmint Tea as another caffeine-free tea.

SIDE EFFECTS AND SPECIAL GROUPS

Common	None expected at ordinary intake. Mild drowsiness is the intended effect.
Uncommon	Mild stomach upset or dizziness. No adverse events in 10 sleep trials (3); in long-term use, side effects as on placebo (7).
Allergy	Rare reactions, including anaphylaxis, in people sensitised to ragweed, mugwort or other daisy-family plants (15).
Overdose	None reported. Extract at 1,500 mg/day was well tolerated long term (7).
Children	The EU monograph gives doses from 6 months of age (1).
Kidney, liver	Not studied; after a kidney transplant on ciclosporin, see interactions.

03 INTERACTIONS AND CAUTIONS

- **Warfarin:** a patient drinking 4 to 5 cups a day and using chamomile lotion had an INR of 7.9 and a retroperitoneal bleed (16). Keep to 1 to 2 cups and check INR.
- **Sedatives, hypnotics, alcohol:** added drowsiness is possible.
- **Ciclosporin:** altered levels reported with high, prolonged intake after kidney transplant (17).
- **Diabetes medicines:** possible added effect on glucose; monitor when starting (8, 10).

04 PREGNANCY AND BREASTFEEDING

Suitable. The EU herbal monograph states that the safety of chamomile tea during pregnancy and lactation has been established (1). Ordinary amounts, 1 to 2 cups a day. The label precaution is the standard one.

05 WHEN NOT TO RECOMMEND

- Allergy to chamomile, ragweed, mugwort or other daisy-family (Asteraceae) plants (1, 15)
- Patients on warfarin who cannot be monitored (16)
- Infants under 6 months (1)
- Insomnia with snoring and daytime sleepiness, low mood lasting weeks, or stomach pain with weight loss or bleeding: refer

PATIENT COUNSELLING CHECKLIST

- ☐ One bag in a cup of just-boiled water
- ☐ Cover the cup and steep 5 to 10 minutes
- ☐ 1 to 3 cups a day; one before bed
- ☐ Expect better sleep in 2 to 4 weeks
- ☐ Diabetes: one cup after each main meal
- ☐ Allergic to daisies or ragweed? Do not drink it
- ☐ On warfarin? Keep to 1 to 2 cups; tell your doctor
- ☐ Go easy on alcohol and sleeping tablets with it

Product details. 20 pyramid bags of 3 g, 60 g net (20 cups: 20 days at one cup a day). Store below 30°C in a dry place, away from direct light; keep the pack closed. Shelf life 24 months from manufacture; see pack for expiry. Herbal tea packed for Draxer Teas by a partner manufacturer. Keep out of reach of children.

References

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