



CALIFORNIA POPPY (*eschscholzia californica*)

Common Uses

California poppy is most often employed to provide restful sleep without the side effects of benzodiazepine drugs such as Librium, Valium, and Xanax. Clinical studies showed that California poppy in combination with hawthorn and magnesium salts is a safe, effective, and free of side effects for the treatment of mild to moderate anxiety. The advantage of California poppy is relief from tension without morning grogginess, nausea, vomiting, or constipation. Also used for toothaches and headaches.

Precautions

Don't use if you're pregnant or breast feeding. Not recommended for children under the age of 6 or senior citizens or taken in large quantities.

Common Dosages

TINCTURE: Take 15-30 drops at night to aid in restful sleep

TEA: Steep one tea bag in 8oz. hot water for 10 minutes. Drink up to 3 times a day.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

