

Chamomile

Chamomile is derived from a flower and has been used for centuries to improve sleep and anxiety. Those benefits have been confirmed in clinical trials.

How to take It

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

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, MD, updated 6/28/25



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