



Children's Calming Chamomile™

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

A Gentle Herbal Formula that Calms Fussiness and Upset Tummies

Do you remember the story of naughty little Peter Rabbit and what happened when Peter nearly got caught by Mr. MacGreggor when he snuck into the farmer's garden to eat Mr. MacGreggor's vegetables? Peter was very traumatized by the scare that Mr. MacGreggor gave him. After all, he came very close to becoming rabbit stew! After Peter high-tailed it back home, instead of just scolding him, his wise mother gave him chamomile tea and tucked him into bed.

Mrs. Rabbit knew what every good rabbit mother knows: that chamomile tea soothes upset tummies and can calm upset nerves enough to help a child drift off to sleep in no time at all.

Chamomile is just as effective today for soothing upset tummies and nerves as it was when Peter Rabbit snatched his first turnip. (Rumor has it that it works even better on humans than on disobedient little boy bunnies. Remember, the little girl bunnies were very well behaved, of course.)

It doesn't matter how small a child is, chamomile soothes and calms upset stomachs, reduces irritability and releases tension. And now, by carefully combining chamomile with other calming and relaxing herbs, this formula is so effective that even Mrs. Rabbit would be impressed.

Children's Calming Chamomile™ is a gentle nervine and digestive aid formula that has a calming effect on babies and children, especially before bedtime or naps. It reduces colic and fussy behavior in babies, and nervous stomachaches and irritability in older children. By reducing stomach discomfort, picky eaters often experience an increase in appetite.

Taken at bedtime in a cup of warm water, Children's Calming Chamomile™ can be used as a soothing, healthy sleep aid. To make a calming herbal tea, put 1/3 teaspoonful into 1/2 cup of warm water. Have child sit down, sip slowly and relax.

CONTAINS: Chamomile flower, catnip leaf/stem, passionflower leaf, spearmint leaf, rose flower, hops strobile, horsetail leaf/stem, *mBI!*™ Liquid Trace Minerals, and a relaxing CBN™ Aromaceutical Blend in a kosher vegetable glycerin/purified water TincTract® base.

SUGGESTED USE: 1/4–1/3 teaspoon (1.23–2 ml) 1 to 3 times a day, or as needed. Use only under adult supervision.

MORE ABOUT THE HERBS IN THESE FORMULAS:

- Chamomile Flower (*Matricaria recutita*) calms the digestive and nervous systems and is rich in potassium salts.
- Catnip Leaf/Stem (*Nepeta cataria*) is calming to the stomach, relaxes gastric nervousness, and relaxes the peripheral nerves.
- Passionflower Leaf (*Passiflora incarnata*) is a mild central nervous system relaxant, often used in place of lobelia due to its milder acting nature.
- Spearmint Leaf (*Mentha spicata*) is a cooling, settling digestive aid that has a relaxing effect on the digestive and glandular systems and is also rich in potassium salts.
- Rose Flower (*Rosa gallica*) contain relaxing aromatic components and a mild pain relieving salicin-like agent that relaxes respiratory tightness and tight muscles in neck and shoulders.
- Hops Strobile (*Humulus lupulus*), used here in a very small proportion, has a bitter aromatic substance that has a profoundly relaxing effect on the nervous system and muscles and is rich in calcium and magnesium salts.
- Horsetail Leaf/Stem (*Equisetum arvense*) has a mild blood-thinning action to help relieve aches and pains and also has a mildly diuretic action that relieves the body of excess fluids that can cause stress, tension and pain.
- *mBI!*™ is a proprietary micro-fractionated liquid trace mineral supplement made using the exclusive CBN™ Citritol™ process that enriches and assists important enzymatic processes.

• CBN™ Aromaceutical Blend: Specially formulated essential oil blend to calm solar plexus nerves and digestive tract; increases potassium and magnesium re-mineralization through the digestive system, essential for nerves to relax.

WORKS WELL WITH THESE CBN™ PRODUCTS:

Children's Adreno•Build™, Children's Digestive Build™, Children's Focus•H™, Children's Herbal Minerals™, Children's Lavender Dreams™, Children's Pain Away Willow Plus™, *microBURST!*™.

Item #210–2 oz; #211–4 oz; #212–8 oz

Adults/Children: #391–2 oz, #392–4 oz, #393–8 oz

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