



California Poppy TINCTURE

ANALGESIC
Sedative

NPN 80076111
50 ml

Each ml contains

California Poppy	flowering top	<i>Eschscholzia californica</i>	1:3	318 mg	Organic
Alcohol 37% to 42%, certified organic					

DOSAGE

INTERVENTION: 2.5 to 3 ml, 3 times per day; max 9 ml per day.

TREATMENT: 2 ml, 2 to 3 times per day.

DIRECTIONS FOR USE

Shake before using. Dilute tincture in a mouthful of water.

MODE OF ACTION

California poppy acts mainly on the nervous system. Taken in small doses, it reduces anxiety, mental stress and their related symptoms. Its alkaloids increase the capacity of GABA to bind to its synaptic receptors and are responsible for its calming effects on the nervous system. In larger doses, California poppy is a sedative. It shortens the time it takes to fall asleep and is especially useful for insomnia in the second phase of the sleep cycle. It improves the quality and length of sleep. It seems that the activation of benzodiazepine receptors is partly responsible for its calming and sedative effects. In children, California poppy acts as a nerve tonic. It is used for nightmares, sleep disorders, nervousness, agitation in children and in some cases of ADHD.

Studies have shown that California poppy has peripheral analgesic effects. It relieves pain caused by irritation or stimulation of the nerve fibres that carry pain. The combination of its pain-relieving and sedative actions makes California poppy an excellent choice to relieve pain that hinders the quality of sleep. Its protopine contributes to its antidepressant properties. Contrary to some pain-relieving drugs, California poppy does not depress the central nervous system or cause addiction but rather balances emotion.

Eschscholzia californica relieves migraines. It decreases smooth muscle spasms, particularly in the intestine. It is diuretic, promotes sweating and is used for incontinence, especially for bedwetting in children, in combination with green oatstraw. It is also used for neuropathy in children.

Its main constituents are alkaloids (protopine, eschscholtzine, californidine, sanguinarine, chelerythrine, cryptopine), carotenoids, flavonoids (rutin), phytosterols, essential oils and fatty acids.

HELPFUL ASSOCIATIONS

GREEN OATSTRAW infusion for troubles of the nervous system.

CALMIX for agitation and nervousness.

ASHWAGANDHA tincture for stress, physical overwork and anxiety.

CATNIP for digestive troubles due to stress.

ETHNOBOTANY

Nervous system: anxiety, anguish, mental stress, nervousness, agitation, ADHD, sleep disorders, neuralgia, pain, neuropathy, symptoms of minor depression.

Other: bedwetting, migraine, headache, intestinal cramps, muscle cramps.

HISTORY

Native Americans and California pioneers included in their diet California poppy leaves that were boiled or roasted on hot rocks. First Nations used it to reduce headache and toothache pain, to treat insomnia and dry up breast-milk. As it was considered safe for children, they used it for bedwetting and anxiety. On the American west coast, it quickly became the sleep medicine of choice when treating whooping cough. *Eschscholtzia californica* is still used in the United State today to treat insomnia, migraines, children's neuropathy and bedwetting.

CONTRA-INDICATIONS

Consult a health care practitioner if symptoms persist, worsen or before using if breastfeeding. Consult a health care practitioner if insomnia persists for more than 3 weeks. Do not use when pregnant. May cause drowsiness in some people.

INTERACTIONS

It is not advised to use this product in association with alcoholic beverages or any drug or natural health product with sedative or analgesic effects.

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Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

