



## Camomile Tea

Herbal medicinal product traditionally used for gastrointestinal complaints,  
for colds, for localised inflammations.

### Areas of application:

Traditional internal use: For mild gastrointestinal complaints such as flatulence and mild cramps.

Traditional use in inhalation: For the relief of cold symptoms.

Traditional application in the oral cavity: For gargling in case of mild inflammation in the mouth and throat.

Traditional external use: As an additive to partial and seated baths or rinses, helps with skin and mucous membrane inflammations in the anal and genital areas, provided that serious diseases have been ruled out by a doctor.

It is an additive for moist compresses and washes for mild inflammations of the skin and superficial wounds.  
These applications are based exclusively on the long-standing use of the medicinal product in the areas of application.

**Contraindications:** Hypersensitivity to chamomile flower and other composite plants.

Partial and seat baths must not be used in case of open wounds, large skin injuries, acute skin diseases, high fever and severe infections.

### Precautions for application and warning advice:

#### Children:

Internal use: Use by children under 6 months is not recommended.

Inhalation use: Use by children under 6 years is not recommended due to the risk of scalding.

Use in the oral cavity and external use: Due to insufficient data, the use in children under 12 years of age is not recommended.

**Pregnancy and lactation:** Insufficient research has been conducted into safety during pregnancy and lactation.

If the chamomile flower infusion is used in the breast area, the breast should be thoroughly cleaned before breastfeeding to avoid sensitising the infant.

### Interactions with other remedies:

Internal use: In patients after kidney transplantation who had taken high doses over a long period of time (about 2 months), an influence on liver enzymes involved in the metabolism of drugs (cytochrome P450 system) has been reported.

External use: None known.

### Dosage instructions and type of application:

#### Internal use

Adolescents from 12 years of age and adults, including older persons: Single dose: 1.5 to 4 g chamomile flower. Daily dose: 3 to 4 times.

Children from 6 to 11 years of age: Single dose: 1.5 to 3 g chamomile flower. Daily dose: 2 to 4 times.

Children from 2 to 5 years of age: Single dose: 1.0 to 1.5 g chamomile flower. Daily dose: 2 to 4 times.

Children between 6 months and 1 year: Single dose: 0.5 to 1.0 g chamomile flower. Daily dose: 2 to 4 times.

**Preparation:** Pour 150 ml of boiling water over the indicated single dose, cover and the pass through a tea strainer after 5 to 10 minutes.

#### Inhalation use:

Adolescents from 12 years of age and adults, including older persons: Single dose: Pour 100 ml of boiling water over 3 to 10 g chamomile flower. Daily dose: several times per day.

Children from 6 to 11 years of age: Single dose: Pour 100 ml of boiling water over 2 to 5 g chamomile flower. Daily dose: 1 to 2 times.

#### Use in the oral cavity



Adolescents from 12 years of age and adults, including older persons: Single dose: Pour 100 ml of boiling water over 1 to 5 g camomile flower, cover and pass through a tea strainer after about 5 to 10 minutes. The infusion is then used to rinse or gargle. Daily dose: several times per day.

#### **External use**

As an additive to partial and seated baths or rinses, helps with skin and mucous membrane inflammations in the anal and genital areas, provided that serious diseases have been ruled out by a doctor.

Adolescents from 12 years of age and adults, including older persons: Single dose: 4.5 to 5 g of camomile flowers are used per 1 l of water to prepare a partial or seat bath or a rinse. Daily dose: several times per day.

It is an additive for moist compresses and washes for mild inflammations of the skin and superficial wounds.

Adolescents from 12 years of age and adults, including older persons: Single dose: Pour 150 ml of boiling water over 3 to 10 g camomile flower, cover and pass through a tea strainer after about 5 to 10 minutes. The infusion is used for washing or to produce moist compresses. Daily dose: several times per day.

**How long to take the medicine for:** If acute symptoms persist for longer than one week or recur periodically, or if the symptoms worsen, a doctor must be consulted.

**Side effects:** Hypersensitivity reactions including severe allergic reactions (shortness of breath, Quincke's oedema, circulatory collapse, anaphylactic shock) after mucosal contact with liquid chamomile flower preparations have been reported. The frequency is not known.

**Reporting side effects:** Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. You can register any side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, website: [www.bfarm.de](http://www.bfarm.de). By reporting any side effects, you can make a contribution towards more information being available on the safety of this medicinal product.

**Note:** Keep protected against light and moisture. The medicinal product should not be used after the expiry of the best before date.

**Active ingredient:** 100 g tea contains 100 g dried camomile flower heads.

**Information updated:** January 2023

**Packet sizes available:** 120 g tea

Art. No. 332

Eti0123

For risks and side effects please read the information leaflet and consult your doctor or pharmacist.