

California Poppy Tincture



Overview:

California Poppy is a vibrant flowering herb traditionally used in Western herbalism to support relaxation, emotional ease, and restful sleep. Unlike harsher sedative approaches, California poppy is often appreciated for its gentler nature and ability to encourage the body to unwind without leaving many people feeling heavily groggy the next day.

Traditionally Used to Support

- Relaxation and nervous system support
- Occasional stress and tension
- Restless evenings and difficulty unwinding
- Emotional overstimulation
- Supporting healthy sleep routines
- Muscle tightness related to stress

This herb has become especially popular among individuals seeking a more natural evening ritual or those wanting support for the "tired but wired" feeling many people experience after stressful days.

Plant Compounds/Why It's Valued

California poppy contains a variety of naturally occurring alkaloids and botanical compounds that have contributed to the plant's long-standing role in traditional herbal practices.

Researchers have shown particular interest in compounds such as:

- Protopine
- Allocryptopine
- Californidine
- Naturally occurring flavonoids and supportive plant constituents

These compounds are part of what makes California poppy such an intriguing botanical in both traditional herbalism and modern plant research.

Suggested Use

Take 1–2 dropperfuls, 1–3 times daily or in the evening as part of a calming bedtime routine. Shake well before use.

Consideration:

Do not use while driving or operating machinery, as this product may promote relaxation or drowsiness in some individuals. If pregnant, nursing, taking medications, or under medical supervision, consult a qualified healthcare professional before use. Keep out of reach of children.

Sublingual Use

Tinctures are commonly taken under the tongue, where small blood vessels allow for direct absorption. If the tincture feels too strong, mix with a few drops of water before placing under the tongue. You can add it to a cup of water, juice or tea, if needed.

Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA. Always DYOR (Do Your Own Research) & consult a qualified healthcare professional before using herbal products. Not recommended during pregnancy unless approved by a qualified healthcare professional.

Ingredients:

California Poppy, organic grain alcohol, distilled water and organic coconut derived vegetable glycerin