

BIO 3 Chamomile Flower Eco 25 Filters

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Chamomile is traditionally used as an infusion to relieve digestive problems, such as heavy digestion and heartburn.

DESCRIPTION

What is chamomile?

Chamomile, scientifically known as **Chamaemelum nobile**, is a herbaceous plant belonging to the **Asteraceae family**. It is widely known and used in both traditional medicine and the food industry for its numerous **health-beneficial properties**.

Benefits of chamomile

Anti-inflammatory properties

Chamomile contains compounds such as flavonoids and terpenoids, which have proven anti-inflammatory effects. These compounds help reduce inflammation and relieve muscle and joint pain.

Antioxidant effects

Antioxidants present in chamomile, such as flavonoids, help fight oxidative stress in the body. This is essential to protect cells from damage caused by free radicals, which can lead to chronic diseases and premature aging.

Digestive properties

Chamomile is known for its positive effects on the digestive system. It helps soothe an upset stomach, reduce acidity and relieve symptoms of digestive disorders.

Calming and sedative effects

Drinking chamomile tea helps reduce anxiety, promote relaxation and improve sleep quality.

