

# Skip The Chamomile Tea If...



You are allergic to it. Symptoms may include



Nausea

Dizziness



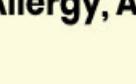
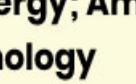
Anaphylactic reactions such as bronchial asthma, hay fever

The doctor may prescribe these medications.



Blood thinners:

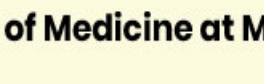
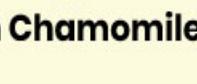
Aspirin,  
Clopidogrel  
(Plavix), or  
Warfarin  
(Coumadin)



Barbiturates

Anti-seizure drugs:

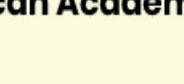
Phenytoin  
(Dilantin) and  
Valproic acid  
(Depakote)



Tricyclic antidepressants:  
Amitriptyline  
(Elavil)

Benzodiazepines:

Alprazolam (Xanax) and  
Diazepam (Valium)



Insomnia treating drugs:

Eszopiclone  
(Lunesta), Ramelteon  
(Rozerem), Zaleplon  
(Sonata), and  
Zolpidem (Ambien)

## Reference

1. Chamomile; National Center for Complementary and Integrative Health
2. Tea Allergy; American Academy of Allergy, Asthma & Immunology
3. Roman Chamomile; School of Medicine at Mount Sinai