

SIBELIUS™

:CHAMOMILE

Natural serenity and balance!

What is Sibelius™:Chamomile?

It is a branded, scientifically evidenced, high-quality Roman chamomile extract (*Chamaemelum nobile* L.), specially developed to **support sleep and maintain immune health***. It derives from a proprietary, non-GMO cultivar of Roman chamomile grown in the UK. As well as being a strong antioxidant, Roman chamomile has potent immune health and calming effect^{1,2}.

Why Roman Chamomile?

Roman chamomile (*Chamaemelum nobile* or *Anthemis nobilis* L.) is one of the oldest known medicinal herbs that possess strong antioxidant, immune health and calming properties³. It has been used traditionally to naturally promote restful sleep and gastrointestinal

health^{1,4-6}. Although it is often confused with the more well-known German chamomile (*M. camomilla* L.), its therapeutic properties were stated to be better than those of German chamomile⁷. Roman chamomile has an exceptional safety profile and is a great source of flavonoids and azulene compounds, which have been previously reported for their immune health effects⁷⁻⁹.

1. Naturally promotes restful sleep
2. GRAS¹⁰
3. TGA registered (Australia)
4. Non-GMO Project Verified
5. Available in multiple formats

KEY BENEFITS

Why Sleep is important?

Sleep plays an essential role in our health and well-being. It is vital to maintain our mental and physical health, including normal growth, brain, immune and metabolic function and emotional wellbeing¹¹. Short-term insufficient sleep can affect mood, learning-ability and stress levels, while chronic sleep deprivation has been associated with age-related health risks¹³.

In our modern 24/7 society, sleep deprivation is rapidly growing, with the average sleep duration being 6.8 hours as opposed to 9 hours a century ago¹². A balanced sleep cycle is crucial for maintaining health and Sibelius™:Chamomile offers a natural way to sleep better.



Distributed by:
BARRINGTON
NUTRITIONALS
sales@BarringtonNutritionals.com
Tollfree: 800-684-2436

SIBELIUS
NATURAL PRODUCTS

Sleep Studies

Improved Sleep Quality in Seniors

In 2017, a clinical study investigated the effects of chamomile extract on sleep quality in 60 elderly people. Participants were asked to take two capsules of chamomile extract (200 mg each) or placebo per 24 h for four weeks. Significantly improved sleep quality was reported in the treatment group after four weeks of twice-daily intake of chamomile extract capsules⁶.

Other Studies

Roman chamomile and Gastrointestinal Health

In 2018, an in vitro study investigated the effects of the hydroethanolic extract of Roman chamomile, its fractions and essential oil, as well as four of its flavonoids

on smooth muscles. Significant smooth-relaxant effects were reported for the hydroethanolic extract and essential oil of Roman chamomile in different in vitro experiments. These results support the traditional use of this plant in gastrointestinal health².

Sibelius™: Chamomile and Immune Health

Many cytokines, including IL-1 β and TNF- α , are involved in maintaining a healthy immune system¹⁴. Sibelius™:Chamomile extract caused a reduction in the release of TNF- α from un-stimulated and/ or IL-1 β stimulated adipocyte and neuroblastoma cell lines *in vitro* (Fig. 1).

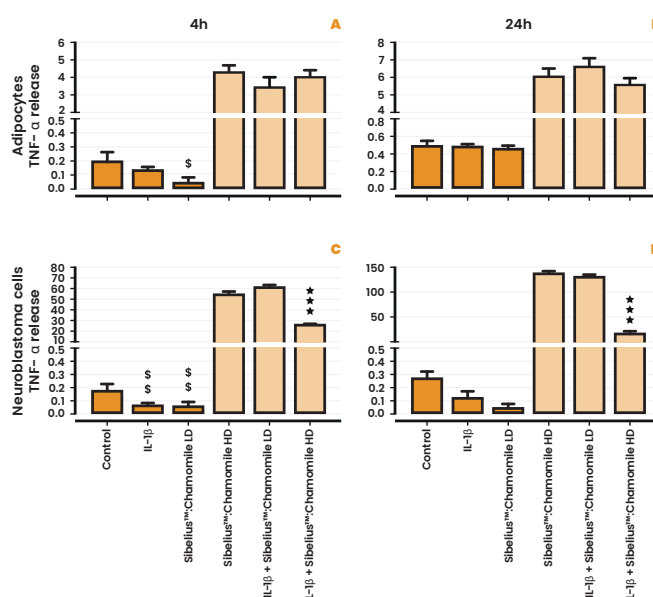


Figure 1. Sibelius™:Chamomile reduces the release of TNF- α (pg/ml) from adipocytes (A & B) and neuroblastoma cells (C & D) with or without stimulation with IL-1 β (0.5ng/ml). Cells were treated with the extract at Low- (LD; 5 μ g/ml) or High Dose (HD; 50 μ g/ml) for 4h (A&C) or 24h (B&D). Significant differences to the control group or IL-1 β treated group are indicated by \$p<0.05, \$\$p<0.01, \$\$\$p<0.001, and ***p<0.001 respectively.

Citations

- 1 European Medicines Agency, EMA (2012) "Assessment report on Chamaemelum nobile (L.) All., fllos"
- 2 Sándor, Z. et al. (2018). *Frontiers in Pharmacology*, 9:323.
- 3 Guimarães, R., et al. (2013). *Food Chemistry*, 138:718–725.
- 4 Al-Snafi, A. E. (2016). *Asian Journal of Pharmaceutical Science & Technology*, 6:89–95
- 5 Edwards, S. E., et al. (2015). "Phytopharmacy: An evidence-based guide to herbal medicinal products", 97–98.
- 6 Adlib-Hajbaghery, M., et al. (2017). *Complementary Therapies in Medicine*, 35:109–114
- 7 Melegari, M., et al. (1988). *Fitoterapia*, 59:449–455.
- 8 Tanaka, T. (2013). *QA Alternative Medicine*, 1–5.
- 9 Kawai, M., et al. (2007). *Allergy International*, 56:113–123.
- 10 GRAS: 21CFR182.10 and 21CFR182.20.
- 11 NIH, Sleep Deprivation and Deficiency. [Online]
- 12 Sharma, S. et al. (2010). *Int J Endocrinol*, pp. 1–12.
- 13 Von Ruesten, A. et al. (2012). *PLoS One*, 7(1).
- 14 Minihane, A.M. et al. (2015). *British Journal of Nutrition*, 114: 999–1012.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Contact UK

Sibelius Natural Products
26 Beaumont Street, Oxford, OX1 2NP, UK

T +44(0)1865518910

E: info@sibeliusnaturalproducts.com

www.sibeliusnaturalproducts.com

Company No. 6949779

VAT No. 114469617