



ORGANIC • SMALL BATCH • HANDCRAFTED

Bloomaceuticals
Skullcap

Gentle Nervine Traditionally Used for Relaxation, Stress Support & Restful Sleep

Scutellaria lateriflora

COMMON NAMES

American Skullcap, Mad-Dog Skullcap

ORIGIN & SOURCING

Traditionally used in North American herbal practices, skullcap has long been valued for calming support and nervous system wellness.

TRADITIONAL USES & BENEFITS

- Relaxation & calm
- Nervous system wellness
- Restful sleep support
- Stress & tension support
- Mental grounding
- Wellness blends for balance

WAYS TO USE

Calming herbal teas, evening wellness blends, tinctures, capsules and nervine formulas.

PREPARATION

Steep as a relaxing evening herbal infusion or use in concentrated herbal preparations.

HERB PAIRINGS & SYNERGIES

- Chamomile
- Lemon Balm
- Passionflower
- Lavender
- Holy Basil
- Reishi Mushroom

QUICK FACTS

TASTE	ENERGETICS	PREPARATIONS	BEST TIME
Mildly bitter, earthy	Cooling, calming	Tea, tincture, capsules	Evening or before bed

NUTRITIONAL HIGHLIGHTS

Skullcap naturally contains beneficial plant compounds traditionally valued in calming herbal wellness practices.

SAFETY & PRECAUTIONS

Consult your healthcare practitioner before use if pregnant, breastfeeding, taking medications or managing a medical condition. May cause drowsiness in some individuals.

STORAGE

Store in a cool, dry place away from moisture and direct sunlight. Keep sealed for freshness.

DISCLAIMER

This product is not intended to diagnose, treat, cure, or prevent any disease. Information provided is for educational purposes only.

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■ Handcrafted in British Columbia ■