

THE COACH'S PLAN

The Apigenin Reality Plan

For anyone who bought or is about to buy an apigenin capsule for sleep and wants to know what the federal sources actually found.

1

One insomnia study

NCCIH reports a 2019 review found one, and it found no benefit.

1,500 mg

The trial dose

Whole chamomile extract a day in the anxiety trials.

26%

Label accuracy is real

Of tested melatonin products contained serotonin.

Apigenin is the chamomile compound now sold on its own for sleep. The honest summary is that the sleep evidence is close to absent and the anxiety evidence is genuine but was produced with whole chamomile extract at gram level doses. That does not make the capsule useless. It makes it a personal test with a defined end date rather than a proven sleep aid. Here is what the federal sources say and the three steps that follow from it.

What the evidence actually says

1

NCCIH: there is very little information on chamomile's effect on insomnia, and a 2019 review found one study on insomnia, which found no benefit.

2

NCCIH: preliminary studies suggest a chamomile dietary supplement might be helpful for generalized anxiety disorder and associated depression.

3

The chamomile anxiety trials used a standardized whole plant extract, not isolated apigenin capsules.

4

NCCIH: two clinical practice guidelines, from 2017 and 2019, recommended against melatonin for treating chronic insomnia, so the usual alternative is not settled either.

5

NCCIH: in a 2017 study of 31 melatonin products, most did not match the label and 26 percent contained serotonin, which is why third party testing matters.

Your 3-step plan

1 Step 1: Fix the free inputs first

Consistent wake time, light in the morning, a dark cool room and a caffeine cutoff move sleep more reliably than any capsule in this category. Do these for two weeks before you judge whether a supplement added anything, otherwise you cannot tell what did the work.

2 Step 2: Buy for calm, judge on calm

The human evidence behind this compound sits on anxiety measures, not sleep onset. If you try it, decide in advance what you are watching: whether the evening feels less wound up, not whether you fall asleep in ten minutes. Judging it on the wrong outcome is how people conclude it does nothing and how people conclude it works miracles.

3 Step 3: Run an eight week test with an end date

Take one capsule at the same time each night, keep one line of notes, and stop at eight weeks if nothing changed. No federal agency recommends any supplement as a treatment for insomnia, so treat this as your own experiment, not a subscription you forget about.

The safety line

This is education, not medical advice. NCCIH reports that chamomile might have some of the same effects as estrogen, might reduce the effect of birth control pills, and might worsen conditions sensitive to estrogen such as breast or uterine cancer, and that interactions with warfarin and with drugs metabolised by the liver have been reported. Allergic reactions are more likely in people allergic to ragweed, chrysanthemums, marigolds or daisies. Little is known about use in pregnancy or breastfeeding. Persistent insomnia is a clinician conversation.

Read the full article:

<https://www.agelesscoach.com/articles/your-sleep-supplement-was-studied-for-anxiety>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.