

WHAT YOU SHOULD KNOW ABOUT HERBAL TINCTURES

We use only the highest quality herbs that are certified organic, holistically wild crafted, and/or locally grown. Our herbs are tinctured in organic alcohol and filtered water (free from harsh chemicals and fluoride treatments). This combination acts as a carrier, bringing the needed remedy straight to the blood stream to work fast and effectively.

Tinctures are absorbed in the mouth and stomach and bypass the slower intestinal system which may or may not absorb the needed constituents of capsules. We hand make these wonderful herbal preparations in small batches and are poured off into dark glass bottles creating a great product with an optimally long shelf life.

HOW TO TAKE HERBAL TINCTURES

Most of our tinctures should be taken away from food, either half an hour before eating or 1 hour or more after eating, for optimal absorption. There are certain circumstances where this is different, as with some digestive aids, which needs to be taken around meal times in order to help with specific digestive issues. Those tinctures will have their own instructions.

TINCTURES CAN BE ADDED TO:



A little water, or
a large amount
of water.



Tea, hot or cold, or
add to hot water
for instant herbal
tea.



Juice - especially
helpful with
child-safe
tinctures.



IT'S OKAY TO DILUTE MOST TINCTURES

While taking tinctures directly under the tongue delivers the herbs quickly to the bloodstream, this method is for occasional use only. Most formulas can be diluted in common drinks to improve taste without compromising the effect.



DON'T DILUTE DIGESTIVE BITTERS

Digestive bitters rely on the taste buds to release digestive enzymes, and therefore, should be taken straight, or with as little water as personally possible in order to receive the full effect.

HOW MUCH TO USE:

All of our tinctures are dosed using "squeezes". The dropper top (the thing that you squeeze) is the same size, regardless of the size bottle or the length of the pipette. This means that when taking our tinctures, it is not necessary to fill the pipette. Every herb is unique and dosages vary accordingly, but there are some general guidelines that can be very helpful. Extract dosages can be measured in drops, squeeze (dropper fulls), milliliters (ml.), or teaspoons. A squeeze is about 25-30 drops, or 1ml. A teaspoon is roughly equivalent to 5ml. The most commonly used dose for tinctures is 20-40 drops or 1-2 squeezes. In general, the more acute a condition, the more frequent the doses. Safe dosage ranges are fairly broad with most, but not all, herbs. We highly recommend that you use a good herbal reference and become familiar with the individual characteristics of the herbs you are using.

IF YOU DON'T WANT THE ALCOHOL:

Although our tinctures are safe as they are for almost everyone, including children, and the alcohol content helps carry the herbs effectively into the body, you can easily dissipate the alcohol out of the tincture by adding it to hot water or tea. Allow it to set until the beverage stops steaming, and enjoy.

USING WITH CHILDREN

It is safe for children to take many of our general wellness tinctures, however we recommend consulting with your own licensed herbalist or your child's pediatrician first. Our recommended dosage is 1/8 dose for children 2-5, 1/2 dose for children 5-9, and 1/4 dose for older children, unless otherwise stated on the product listing.