Kingdom Come Home

A GUIDE TO

Kingdom Come Home Herbal Tintures



www.kingdomcomehome.shop

Medical Disclaimer



This statement and the products listed in this .pdf document have not been evaluated by the Food and Drug Administration and are not intended to prevent, treat, or cure disease.

The information, including but not limited to text, graphics, images, and other material contained in this .pdf document, is for informational purposes only. No material in this .pdf document is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this .PDF document.

Product Safety & Precautions

Children + Tinctures:

Please consult a pediatric herbalist before administering tinctures to children. Not all herbs are safe for children, and we always suggest doing your research, exercising caution, and speaking with a health professional.

Pregnancy + Breastfeeding Precautions:

Mommas need to speak with their midwife or Doula. It is very important that you are aware of what may crossover into an unborn baby's delicate system.

Drug Interaction Precautions:

If you're taking prescribed or over the counter medications, you need to speak with your doctor and do your research. Some herbs can counteract pharmaceutical drugs.

Allergy Precaution:

People with extreme allergies need to know what plant family an herb originates from to ensure they are not potentially allergic to a plant compound.

Chemo + Radiation Precaution:

People undergoing chemo or radiation should consult their physician before taking any herbal tincture, supplement, or powder to ensure safety.

This information does not negate the need to do your own research. Please ensure you know how this or any other herb conflicts with current medications, supplements, or other health concerns that you may have.

About Our Tinctures

If you are new to tinctures, here is some helpful information:

1. Depending on the tincture, you may notice small “floaters.” This is completely normal and simply part of the herbs in the bottle.

2. The color of your tincture may vary — from clear to shades of red, green, purple/blue, gold, or brown. This variation depends on the herb used and is completely normal.

3. The dropper may appear clear or develop a moss-like coating. For example, Nettle tincture can turn the dropper almost green or black. This is also normal and herb-dependent.

4. Our tinctures contain no water, making them naturally resistant to mold. To ensure purity and potency, we use dried organic herbs combined with either vodka, Everclear, or coconut glycerin.

5. Tinctures made with Everclear (190 proof) should not be taken directly under the tongue and are best diluted in water. Each product page will specify whether a tincture is made with vodka or Everclear.

6. For children and those in the recovery community, tinctures should always be added to boiling tea to remove any trace of alcohol.

7. If a tincture is not safe for children, or for use during pregnancy or breastfeeding, that information will be clearly stated on the individual product’s webpage.

8. Tinctures should be stored in a cool, dark cabinet. Some people choose to keep them in a mini fridge, which does not cause any harm.

How to Safely Remove Alcohol

For children, alcohol-based tinctures can be modified using this method:

1. Boil Water

Heat a small amount of water to just below boiling.

2. Add Tincture

Place the tincture dose in a heat-safe cup.

3. Pour Hot Water Over It

Allow it to sit for 5-10 minutes.

4. Let Alcohol Evaporate

The heat will remove most of the alcohol while keeping the medicinal properties intact.

For a completely alcohol-free option, use glycerin-based tinctures (glycerites). We offer a selection of these on the website.

Herbs are a powerful and natural way to support children's health, but proper knowledge and caution are essential. Always use herbs in appropriate doses and consult a trusted herbalist or healthcare professional when necessary.

At Kingdom Come Home, we honor God's wisdom in nature's remedies.

"He causes the grass to grow for the cattle, and vegetation for the labor of man, so that he may bring forth food from the earth."
– Psalm 104:14

May your home be filled with healing, peace, and divine restoration.

About Our Herbs

All of the herbs used in our tinctures, salves, balms, supplements, and herbal remedies are organically grown - making them naturally non-GMO. We prefer to use wild crafted whenever possible, providing it doesn’t disrupt God's ecosystem.

Our herbs are harvested and dried by hand in small batches at low "raw" temperatures to ensure the highest quality product. We work with growers who respect God’s earth, and adhere to the biblical principles of allowing the land to rest. - Leviticus 25

We are committed to using only the highest quality organic herbs, sourced from all over the world. Our focus is not on impressing you with our tincture label, but rather on providing you with the exceptional benefits of God’s creation.

We pray that our herbal tinctures are a blessing to you, your fam ily, and your health. May you prosper, as your soul prospers.

Frequently Asked Questions

What is an Herbal Tincture?

Tinctures are concentrated herbal extracts made by soaking the bark, berries, leaves (dried or fresh), plants, mushrooms, flowers, cones, or roots from one or more plants in alcohol. The alcohol extracts the medicinal properties, concentrating them as a liquid.

Is an herbal tincture, capsule, or powder stronger?

Tinctures are stronger because they are more concentrated and bypass digestion by going directly into the bloodstream.

Can I take multiple tinctures at a time?

Yes, however, you will want to research if the plants work together or against each other. A simple Google search will tell you.

How do I remove the alcohol if I am alcohol sensitive?

Kingdom Come Home tinctures can be dropped into boiling tea. This will evaporate the alcohol leaving just the medicinal properties behind.



Amaranth Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Amaranth, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Inflammatory Response Support
- Bone Health
- Cholesterol Metabolism
- Digestive Health
- Glucose Metabolism
- Detox Support
- Liver Function
- Gut Wellness

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 20 to 30 drops, taken up to 3 times per day.

⚠ **Caution:** Amaranth tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Artichoke Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Artichoke, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Nutritional Support
- Cholesterol Metabolism
- Liver & Digestive Wellness
- Heart Health Support
- Glucose Balance
- Detoxification Support
- Iron Utilization

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 20 to 40 drops, taken up to 3 times per day.

⚠ **Caution:** Artichoke tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Ashwagandha Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Ashwagandha, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Thyroid Support
- Adrenal Health
- Calm & Mood Balance
- Stress Support
- Immune Function
- Stamina & Endurance
- Cognitive Protection
- Glucose Metabolism
- Cholesterol Metabolism
- Cortisol Balance

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 2 to 4 drops, taken up to 2 times per day.

12 years to 17 years: 5 to 10 drops, taken up to 2 times per day.

18 years and older: 10 to 30 drops, taken up to 2 times per day.

⚠ **Caution:** Ashwagandha tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Astragalus Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Astragalus, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Immune Function
- Respiratory Wellness
- Liver Detoxification Support
- Cellular Health
- Circulatory Support
- Stress & Energy Balance
- Urinary & Spleen Wellness

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 2 to 4 drops, up to 2 times per day.

12 years to 17 years: 5 to 10 drops, up to 2 times per day.

18 years and older: 10 to 30 drops, up to 2 times per day.

⚠ **Caution:** Astragalus tincture is not recommended for pregnant or breastfeeding women, children under one year, or individuals with autoimmune disorders, as it may stimulate immune activity. Those taking immunosuppressants, blood thinners, or medications for blood pressure should consult a healthcare provider before use. Keep out of reach of children and pets.

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Bee Propolis - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Bee Propolis, 95% Alcohol (from 190 proof Grain Alcohol)

Key Benefits & Traditional Uses:

- Respiratory & Oral Health
- Metabolic & Digestive Support
- Cardiovascular & Cholesterol Balance
- Skin, Hair & Scalp Integrity
- Stress, Mood & Hormonal Balance
- Cellular & Tissue Health
- Immune & Microbial Support
- Environmental & Oxidative Defense
- Cognitive & Neurological Wellness
- Liver, Detox & Urinary Wellness

Suggested Use:

Adults 18 years and older: Use 10-15 drops a day diluted in a small glass of water, honey, or organic juice. It may be taken up to 3 times daily before meal.

⚠️ **Caution:** Bee products are not suitable for individuals with bee allergies. If you have a known allergy to bees or bee-related ingredients, do not use this product. Bee propolis should be avoided during both pregnancy and breastfeeding, as safety data is limited. Additionally, it is not suitable for children. Due to the high-strength alcohol used in the production process, the tincture may have a strong alcohol flavor and smell. Bee Propolis is a 100% natural, without any toxicity. Keep out of reach of children and pets.

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Bee Propolis - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Bee Propolis Resin, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Respiratory & Oral Health
- Metabolic & Digestive Support
- Cardiovascular & Cholesterol Balance
- Skin, Hair & Scalp Integrity
- Stress, Mood & Hormonal Balance
- Cellular & Tissue Health
- Immune & Microbial Support
- Environmental & Oxidative Defense
- Cognitive & Neurological Wellness
- Liver, Detox & Urinary Wellness

Suggested Use:

Infants (6–12 months): 2–3 drops, up to 2 times daily.

Children (1–3 years): 5–10 drops, up to 2 times daily.

Children (4–12 years): 10–20 drops, up to 3 times daily.

Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

⚠ **Caution:** Bee products are not suitable for individuals with bee allergies. If you have a known allergy to bees or bee-related ingredients, do not use this product. Bee propolis should be avoided during both pregnancy and breastfeeding, as safety data is limited. Keep out of reach of children and pets.

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Blackberry Root Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Blackberry Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Antioxidant Support
- Immune Function
- Heart Health Support
- Digestive Wellness
- Respiratory Health
- Oral Wellness
- Circulatory Support
- Skin & Tissue Health

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 5 to 10 drops, taken 2 to 3 times per day.

12 years to 17 years: 10 to 15 drops, taken 2 to 3 times per day.

18 years and older: 15 to 30 drops, taken 2 to 3 times per day.

⚠ **Caution:** Blackberry root tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Burdock Root Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Burdock Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Antioxidant & Microbial Support
- Digestive System Support
- Detoxification Support
- Energy & Vitality
- Immune Function
- Spleen & Circulatory Support
- Skin & Lymphatic Wellness
- Liver & Kidney Function
- Urinary Flow & Fluid Balance
- Joint & Tissue Comfort
- Systemic Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Please consult your doctor or naturopath.

12 years to 17 years: 12 to 15 drops, orally in half a glass of water 2-3 times a day for up to 3 weeks. Take a week off, and then you can repeat the cycle.

18 years and older: 25 to 30 drops orally in half a glass of water 2-3 times a day for 3 weeks. Take a week off, and then you can repeat the cycle.

⚠ **Caution:** Burdock is a plant that may cause allergic reactions in people who are sensitive to the Asteraceae/Compositae family, which includes ragweed, chrysanthemums, marigolds, daisies, and other related plants. Therefore, it is recommended to avoid using burdock if you have allergies to these plants. It is important to note that burdock is not safe for children under one year of age. Keep out of reach of children and pets.

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Butterfly Pea Flower Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Butterfly Pea Tea, 50% Alcohol (from 100 proof Vodka)

Key Benefits & Traditional Uses:

- Skin Elasticity Support
- Cognitive & Mood Balance
- Cognitive & Motor Support
- Stress Response
- Inflammatory Balance
- Eye Comfort
- Antioxidant Protection
- Metabolic Function
- Circulatory Wellness
- Cellular Health
- Microbial Balance
- Hair Vitality

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 5 to 15 drops, taken up to 3 times per day.

18 years and older: 10 to 30 drops, taken up to 3 times per day.

⚠ **Caution:** Butterfly pea tea tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Cacao Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Cacao, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Antioxidant Support
- Iron Content
- Essential Minerals
- Muscle & Nerve Function
- Digestive Wellness
- Blood Cell Support
- Cardiovascular Health
- Mood & Cognitive Clarity

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 5 to 10 drops, taken 1 to 2 times per day.

12 years to 17 years: 5 to 10 drops, taken 1 to 2 times per day.

18 years and older: 10 to 20 drops, taken 1 to 2 times per day.

⚠ **Caution:** Cacao bean tincture is not considered safe for women who are pregnant, breastfeeding, or children under five. Keep out of reach of children and pets.

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Calendula - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Calendula, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Digestive Comfort
- Gastrointestinal Support
- Recovery & Resilience
- Colon Health
- Microbiome Harmony
- Inflammatory Response

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 5 to 15 drops, taken up to 3 times per day.

12 years to 17 years: 10 to 30 drops, taken up to 3 times per day.

18 years and older: 20 to 60 drops, taken up to 3 times per day.

⚠ **Caution:** Calendula tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Calendula may have potential uterine-stimulating effects, which can be harmful during pregnancy. Keep out of reach of children and pets.

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Calendula - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Calendula, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Digestive Comfort
- Gastrointestinal Support
- Recovery & Resilience
- Colon Health
- Microbiome Harmony
- Inflammatory Response

Suggested Use:

Children (1-3 years): 5-10 drops, up to 3 times daily.

Children (4-12 years): 10-20 drops, up to 3 times daily.

Teens & Adults: 30 drops (1 dropper), up to 3 times daily.

⚠️ **Caution:** Calendula is not considered safe for use during pregnancy or while breastfeeding, as safety data is lacking and potential risks have been noted. Keep out of reach of children and pets.

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California Poppy Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic California Poppy Flower, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Relaxation & Nervous System Support
- Restful Sleep
- Physical Comfort
- Mood & Emotional Balance
- Bladder & Urinary Support
- Pain Response & Calming Effects

Suggested Use:

Adults 18 years and older: If you're new to this tincture, begin with 5–10 drops every few hours and adjust as needed. To help support relaxation, 5–10 drops may be taken as needed. For nighttime support, take 20–40 drops about an hour before bed. For general wellness support, you may use 40–60 drops over the course of an hour.

⚠️ **Caution:** Not for use in children under 14. Do not use if pregnant or nursing without consulting a midwife or healthcare provider. Avoid driving or operating machinery after use. Discontinue at least 2 weeks before surgery. May interact with sedatives, anesthesia, or medications. Consult your healthcare provider if taking medications, undergoing treatment, or managing health conditions. Keep out of reach of children and pets.

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Cats Claw Bark Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Cat's Claw, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Microbial Defense
- Seasonal Wellness
- Immune Function
- Joint & Tissue Comfort
- Cellular Protection
- Nervous System Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 15 drops, taken up to 3 times per day.

18 years and older: 20 to 30 drops, taken up to 3 times per day.

⚠ **Caution:** Cat's claw bark tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Catnip - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Catnip, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Nausea & Digestive Support
- Calm & Emotional Wellness
- Nervous System Support
- Respiratory Wellness
- Gas & Bloating Relief
- Restful Sleep
- Immune & Temperature Support
- Transition Support

Suggested Use:

Younger than 2 years: Do not use.

2 years to 11 years: 1 to 5 drops, taken up to 3 times per day.

12 years to 17 years: 5 to 10 drops, taken up to 3 times per day.

18 years and older: 10 to 20 drops, taken up to 3 times per day.

⚠ **Caution:** Catnip tincture is not considered safe for women who are pregnant, breastfeeding, or children under two. Keep out of reach of children and pets.

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Catnip - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Catnip, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Nausea & Digestive Support
- Calm & Emotional Wellness
- Nervous System Support
- Respiratory Wellness
- Gas & Bloating Relief
- Restful Sleep
- Immune & Temperature Support
- Transition Support

Suggested Use:

Infants (6-12 months): 2-5 drops, up to 3 times daily.

Children (1-3 years): 5-10 drops, up to 3 times daily.

Children (4-12 years): 10-20 drops, up to 3 times daily.

Teens & Adults: 30 drops (1 dropper), up to 3 times daily.

For Sleep Support: Take 30 minutes before bedtime.

⚠️ **Caution:** Catnip tincture is not considered safe for women who are pregnant, breastfeeding. Keep out of reach of children and pets.

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Cayenne Pepper Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Cayenne, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Circulation Support
- Heart Health
- Physical Comfort
- Digestive Support
- Metabolic Function
- Immune System Support
- Respiratory Comfort
- Joint & Muscular Ease

Suggested Use:

Younger than 1 year: Do not use.

1 year to 5 years: 1 to 2 drops, taken up to 3 times per day.

6 years to 11 years: 3 to 5 drops, taken up to 3 times per day.

12 years to 17 years: 5 to 15 drops, taken up to 3 times per day.

18 years and older: 10 to 30 drops, taken up to 3 times per day.

⚠ **Caution:** Cayenne pepper tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Ceylon Cinnamon Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Ceylon Cinnamon, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Antioxidant Support
- Metabolic Function
- Hormonal Balance
- Microbial Defense
- Cardiovascular Wellness
- Cognitive Support
- Reproductive Comfort
- Skin Health

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 20 to 40 drops, taken up to 3 times per day.

⚠ **Caution:** Ceylon cinnamon tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Chamomile - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Chamomile, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Inflammatory Response
- Mood & Emotional Balance
- Seasonal Wellness
- Muscle Relaxation
- Restful Sleep
- Respiratory Comfort
- Reproductive Comfort
- Digestive Comfort
- Joint & Tissue Wellness
- Oral Health Support
- Heart Health
- Cellular Protection

Suggested Use:

Younger than 1 year: Do not use.

1-2 years (up to 24 pounds): 10 to 15 drops as needed up to 3 times a day.

3-6 years (24-48 pounds): 20 drops as needed up to 3 times a day.

7-11 years (49-95 pounds): 30 drops as needed up to 3 times a day.

18 years and older: 40 drops (1-2 dropperfuls) 2-5 times a day as needed. For sleep, you can take a higher dose (up to 4-5 dropperfuls).

⚠ **Caution:** It is important to note that people with asthma should avoid taking it as it may worsen their symptoms. Pregnant women should also avoid chamomile due to the potential risk of miscarriage. On the other hand, it is considered safe for breastfeeding mothers. It is also important to note that if you have allergies to asters, daisies, chrysanthemums, or ragweed, you may be allergic to chamomile as well. Additionally, chamomile is not safe for children under one year of age. Keep out of reach of children and pets.

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Chamomile - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Chamomile, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Inflammatory Response
- Mood & Emotional Balance
- Seasonal Wellness
- Muscle Relaxation
- Reproductive Comfort
- Restful Sleep
- Joint & Tissue Wellness
- Oral Health Support
- Respiratory Comfort
- Heart Health
- Cellular Protection
- Digestive Comfort

Suggested Use:

Infants (6-12 months): 2-5 drops, up to 3 times daily.

Children (1-3 years): 5-10 drops, up to 3 times daily.

Children (4-12 years): 10-20 drops, up to 3 times daily.

Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

⚠ **Caution:** Chamomile is generally considered safe during pregnancy and breastfeeding in moderate amounts. However, concentrated preparations like tinctures should be used with caution, as research on safety during breastfeeding is limited. Always consult your Midwife or Doula before use. Keep out of reach of children and pets.

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Chaste Tree Berry Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Chaste Tree Berry, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Inflammatory Response
- Mood & Emotional Balance
- Seasonal Wellness
- Muscle Relaxation
- Hormonal Support
- Joint & Tissue Wellness
- Restful Sleep
- Digestive Comfort
- Oral Health Support
- Respiratory Comfort
- Heart Health
- Cellular Protection

Suggested Use:

Younger than 1 to 3 years: Do not use.

4 to 6 years: Do not use unless directed by a healthcare provider.

7 to 11 years: 30 drops, up to 2x per day (use with caution and only if needed for early hormonal support).

12 to 17 years: 30 to 60 drops, up to 2x per day.

18 years and older: 60 drops, up to 3x per day.

⚠️ **Caution:** Chaste Tree Berry is generally safe when used appropriately. However, it is not recommended during pregnancy and should be used with caution while breastfeeding. Individuals with hormone-sensitive conditions (such as breast or ovarian cancer) should consult their healthcare provider before use. Because it influences hormone levels, avoid combining with hormonal medications or birth control without professional guidance. Keep out of reach of children and pets.

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Cellular Detox Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic White Pine, Organic Dandelion, Organic Fennel, Organic Anise, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Immune System Support
- Antioxidant Activity
- Respiratory Wellness
- Circulatory Integrity
- Detoxification Pathways
- Digestive & Metabolic Support
- Reproductive & Hormonal Balance

Suggested Use:

Children (6–11 years): A low dose of 5 to 15 drops is suggested one to two times daily. Alcohol-based tinctures are generally not recommended for children unless diluted. If used, dilute the dose in a small amount of hot water and allow it to sit for 10 to 15 minutes before use to help reduce the alcohol content.

Teens (12–17 years): 15 to 30 drops, up to three times daily. This amount may be adjusted based on individual body weight and sensitivity.

Adults (18+): 1 to 2 dropperfuls (approximately 30 to 60 drops), taken two to three times daily. For those who are more sensitive, it is recommended to start with 15 to 30 drops and gradually increase as tolerated.

⚠️ **Caution**: Keep out of reach of children and pets.

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Cilantro Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Cilantro, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Liver Support & Detoxification
- Hormonal Balance
- Blood Sugar Metabolism
- Metabolic Function
- Digestive Comfort
- Gastrointestinal Regularity
- Heavy Metal Detox Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 3 to 5 drops, taken 1 to 2 times per day.

18 years and older: 5 to 15 drops, taken 1 to 2 times per day.

⚠️ **Caution:** Cilantro tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Clove Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Clove, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Muscle & Physical Comfort
- Digestive Support
- Respiratory Comfort
- Cellular Protection
- Microbial Balance
- Liver Health
- Intestinal Balance
- Blood Sugar Metabolism
- Bone Wellness
- Digestive Lining Support
- Immune Function
- Oral Health Support
- Seasonal Defense

Suggested Use:

Younger than 1 year: Do not use.

1 year to 13 years: Do not use.

14 years to 17 years: 10 to 15 drops, taken up to 3 times per day. Add drops to 2 oz. of water or juice, 2 to 4 times per day. Best taken between meals.

18 years and older: Shake well before using. Add 20 drops to 2 oz. of water or juice, 2 to 4 times per day. Best taken between meals.

⚠ **Caution:** Clove tincture is not considered safe for women who are pregnant, breastfeeding, or children under 14. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Coffee Bean Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Coffee Bean, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Antioxidant Support
- Liver Function
- Physical Energy & Performance
- Cognitive Clarity
- Metabolic Wellness
- Cardiovascular Support
- Fat Metabolism

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 20 to 40 drops, taken up to 3 times per day.

⚠️ **Caution:** Coffee bean tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Corn Silk Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Corn Silk, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Urinary Comfort
- Kidney & Fluid Balance
- Cardiovascular Wellness
- Metabolic Function
- Blood Pressure Support
- Cholesterol Balance

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 5 to 10 drops, taken up to 3 times per day.

12 years to 17 years: 10 to 15 drops, taken up to 3 times per day.

18 years and older: 20 to 30 drops, taken up to 3 times per day.

⚠ **Caution:** Corn silk tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Crampbark Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Dried Cramp Bark, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Muscle & Physical Comfort
- Uterine Wellness
- Menstrual Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 15 drops, taken 3 times per day.

18 years and older: 20 to 30 drops, taken 3 times per day.

⚠️ **Caution:** Crampbark tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Dandelion Root Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Dandelion Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Antioxidant Support
- Cardiovascular Wellness
- Liver & Kidney Function
- Immune System Support
- Bone Integrity
- Skin Health

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 5 to 15 drops, taken 1 to 3 times per day.

18 years and older: 15 to 30 drops, taken 1 to 3 times per day.

⚠️ **Caution:** Dandelion Root is generally considered safe for pregnant and breastfeeding women when used in moderation, however, it may have a mild diuretic effect, so hydration is important. It is not safe for children under 12. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



24 Hour Defense Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Feverfew, Organic Rose, Organic Mullein, Organic Honeysuckle, Organic Cat's Claw, Organic Elderberry, Organic Calendula, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Seasonal Resilience Support
- Inflammatory Response
- Immune System Wellness
- Respiratory & Detox Support
- Nutritional Immunity
- Throat & Bronchial Comfort
- Digestive & Cellular Balance

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 5 to 10 drops, taken 3 times per day.

18 years and older: 15 to 30 drops, taken 3 times per day.

⚠ **Caution**: Not considered safe for children under 12. Also, it should not be taken by people who have any type of liver disease, or by people on anti-coagulants. Additionally, this tincture is not considered safe for women who are pregnant or breastfeeding. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Elderberry - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Elderberry, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Energy & Vitality
- Immune Function
- Physical Comfort
- Respiratory Wellness
- Nervous System Support
- Inflammatory Response
- Oral & Dental Wellness
- Cardiovascular Support
- Diuretic Properties

Suggested Use:

Younger than 1 year: Do not use.

1 year to 5 years: 5 to 10 drops, taken 2 to 3 times per day.

6 years to 17 years: 10 to 20 drops, taken 2 to 3 times per day.

18 years and older: 20 to 40 drops, taken 2 to 3 times per day.

⚠ **Caution:** Elderberry tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Elderberry - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients:

Organic Elderberry, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Energy & Vitality
- Immune Function
- Physical Comfort
- Respiratory Wellness
- Nervous System Support
- Oral & Dental Wellness
- Cardiovascular Support
- Diuretic Properties
- Inflammatory Response

Suggested Use:

Infants (6-12 months): 2-5 drops, up to 3 times daily.

Children (1-3 years): 5-10 drops, up to 3 times daily.

Children (4-12 years): 10-20 drops, up to 3 times daily.

Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

⚠ **Caution:** Elderberry is not considered safe for use during pregnancy or while breastfeeding, as safety data is lacking. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Fennel - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Fennel, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Circulatory Support
- Lactation Support
- Respiratory Comfort
- Cardiovascular Wellness
- Eye Health Support
- Metabolic Function
- Digestive Detoxification
- Menstrual Cycle Comfort

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops, taken up to 3 times per day.

12 years to 17 years: 3 to 5 drops, taken up to 3 times per day.

18 years and older: 10 to 20 drops, taken up to 3 times per day.

⚠ **Caution:** Fennel tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Fennel - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Fennel, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Circulatory Support
- Lactation Support
- Respiratory Comfort
- Cardiovascular Wellness
- Eye Health Support
- Metabolic Function
- Digestive Detoxification
- Menstrual Cycle Comfort

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops, taken up to 3 times per day.

12 years to 17 years: 3 to 5 drops, taken up to 3 times per day.

18 years and older: 10 to 20 drops, taken up to 3 times per day.

⚠ **Caution:** Fennel tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Felon Herb (Mugwort) Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Felon Herb, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Digestive Harmony
- Circulatory Wellness
- Menstrual Cycle Support
- Respiratory Ease
- Appetite & Craving Support
- Emotional & Nervous System Support
- Metabolic Function
- Microbial Balance
- Vision & Eye Health
- Liver & Kidney Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 5 to 10 drops, taken up to 3 times per day.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 20 to 40 drops, taken up to 3 times per day.

⚠ **Caution:** Felon herb tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Mugwort contains thujone, which can be toxic in large amounts and may cause uterine contractions that can lead to miscarriage or premature birth. Keep out of reach of children and pets.

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Fenugreek Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Fenugreek Seeds, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Blood Sugar Metabolism
- Digestive Wellness
- Lactation Support
- Hormonal Balance
- Menstrual Comfort
- Energy & Vitality
- Mood & Cognitive Clarity
- Testosterone Balance
- Libido & Reproductive Vitality
- Cholesterol Support
- Metabolic Function
- Inflammatory Response

Suggested Use:

1 to 11 years: Do not use.

12 to 17 years: 5 to 15 drops, once or twice daily, diluted well in warm water or herbal tea.

18 years and older: Take 20 to 40 drops, 1 to 3 times per day, diluted in a small amount of water or tea. Best taken between meals.

⚠ **Caution:** Fenugreek should be avoided during pregnancy, as it may stimulate uterine contractions. It can also lower blood sugar, so those on diabetes medications should monitor levels closely. Additionally, fenugreek's natural phytoestrogens may affect hormone-sensitive conditions like PCOS, endometriosis, or certain cancers. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Feverfew Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Fever Few, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Inflammatory Balance
- Pain Support
- Joint Comfort
- Head & Neurological Wellness
- Skeletal & Muscular Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 5 to 10 drops, taken up to 3 times per day.

18 years and older: 20 to 30 drops, taken up to 3 times per day.

⚠ **Caution:** Feverfew tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Frankincense Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Frankincense, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Memory & Focus
- Microbial Balance
- Respiratory Comfort
- Hormonal Support
- Reproductive Wellness
- Circulatory Health
- Cellular Integrity
- Sinus & Bronchial Comfort
- Mood & Emotional Balance
- Joint & Physical Comfort
- Inflammatory Response
- Metabolic Function
- Digestive Wellness
- Liver Health
- Nervous System Support
- Immune Function

Suggested Use:

Younger than 1 year: Do not use.

1 year to 15 years: Do not use.

15 years to 17 years: Shake well before use. 10 to 20 drops in water or juice taken once per day.

18 years and older: Shake well before use. 20-30 drops 3 times per day.

⚠ **Caution:** This tincture is not considered safe for women who are pregnant, breastfeeding, or children under 15 years of age. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Garlic Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Garlic, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Immune System Support
- Cardiovascular Wellness
- Urinary Tract Comfort
- Blood Pressure Support
- Hair & Scalp Wellness
- Neurological & Cellular Health
- Microbial Defense

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 5 drops, taken up to 3 times per day.

12 years to 17 years: 5 to 10 drops, taken up to 3 times per day.

18 years and older: 10 to 30 drops, taken up to 3 times per day.

⚠️ **Caution:** Garlic tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Goji Berry Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Goji Berry, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Blood Sugar Metabolism
- Cardiovascular Wellness
- Immune System Support
- Mood & Emotional Balance
- Hydration Support
- Antioxidant Activity
- Cognitive Function
- Skin & Eye Health

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 5 drops, taken 1 to 3 times per day.

12 years to 17 years: 10 to 20 drops, taken up to 1 to 3 times per day.

18 years and older: 20 to 40 drops, taken up to 1 to 3 times per day.

⚠ **Caution:** Goji berry tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Green Tea Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Green Tea, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Weight Management Support
- Antioxidant Activity
- Blood Sugar Metabolism
- Metabolic Function
- Physical Recovery
- Skin Health
- Liver Support
- Cognitive Clarity

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: Take 10 to 20 drops, 1 to 3 times daily, diluted in a small amount of water or juice.

18 years and older: Take 20 to 40 drops, 1 to 3 times daily, diluted in a small amount of water or juice.

⚠️ **Caution:** Green Tea tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Guard My Mouth Tincture

Net 2 fl oz (59 ml)

Ingredients: Rubus Idaeus (Red Raspberry) Leaf Extract, Thymus Vulgaris (Thyme) Extract, Eugenia Caryophyllus (Clove) Bud Extract, Cinnamomum Zeylanicum Bark Extract, Sea Salt, Mentha Piperita (Peppermint) Leaf Extract, Salvia Officinalis (Sage) Leaf Extract, Boswellia Serrata Resin Extract, Commiphora Myrrha Resin Extract, Achillea Millefolium (Yarrow) Flower Extract, Chamomilla Recutita (Matricaria) Flower Extract, Echinacea Purpurea Root Extract, Lavandula Angustifolia (Lavender) Flower Extract, Ocimum Basilicum (Basil) Leaf Extract, Citrus Limon (Lemon) Peel Extract, Citrus Aurantium Dulcis (Orange) Peel Extract, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

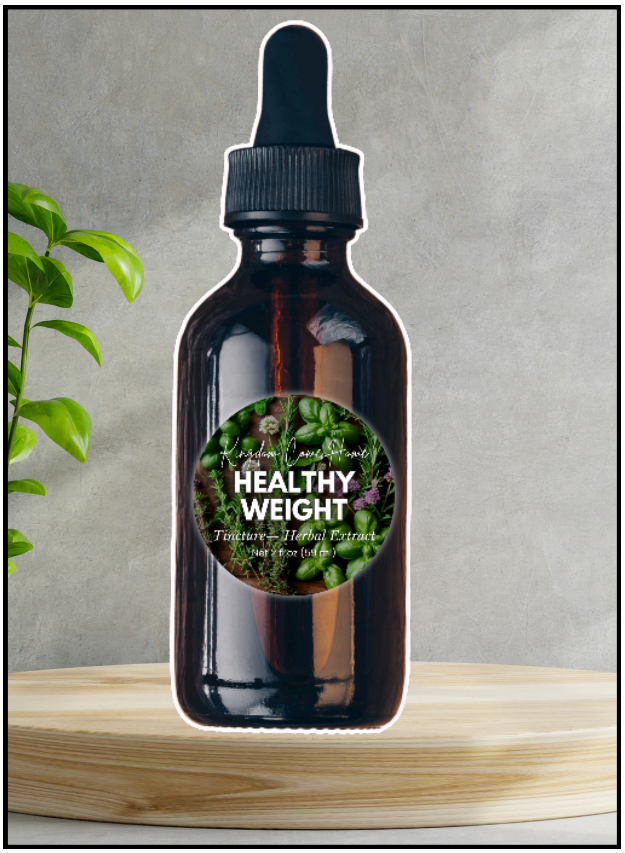
- Gum Comfort Support
- Odor Neutralization
- Oral Flora Balance
- pH & Plaque Support
- Breath Freshness
- Oral Cleanliness
- Mouth Environment Balance
- Tissue Integrity Support
- Soothing Mouth Comfort

Suggested Use:

After brushing, dilute one full dropper of tincture into a small amount of warm water. Swish thoroughly in the mouth for 30 seconds, then spit out. Do not ingest. Use up to twice daily as part of your regular oral hygiene routine. Pairs well with our Yarrow and Clay Toothpaste.

⚠️ **Caution:** Not suitable for children under 14.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Healthy Weight - Metabolic Blend

Net 2 fl oz (59 ml)

Ingredients: Bitter Melon, Banaba Leaf, Gymnema Sylvestre Leaf, Fenugreek, Garcinia, Ashwagandha (Root & Leaf), Coleus Root, Black Ginger Root, Yerba Mate, Green Tea Leaf, Cinnamon Bark, Cayenne Bark, Gurmar, 40% Alcohol (from 80 proof vodka)

Key Benefits & Traditional Uses:

- Digestive & Metabolic Support
- Balance & Vitality
- Appetite & Craving Support
- Digestive Function
- Appetite Balance
- Stress & Energy Support
- Circulatory Wellness
- Energizing Support
- Antioxidant & Energy Support
- Warming Digestive Support

Suggested Use:

Younger than 18 years: Do not use.

18 years and older: Take 30 to 60 drops in a small amount of water or herbal tea, once or twice daily. For best results, take 20–30 minutes before meals. Begin with the lower amount (30 drops once daily) to assess tolerance, then increase if needed. Do not exceed 120 drops in 24 hours. For best results, use consistently for 2–3 months while maintaining balanced nutrition, hydration, and regular activity. Individual experiences may vary.

⚠️ **Caution:** Not intended for use during pregnancy or while breastfeeding. This product contains herbs such as Gymnema, Fenugreek, and Green Tea, which may affect blood sugar levels, digestion, or hormone balance. If you are taking medications, especially for blood sugar, blood pressure, or thyroid function, consult your healthcare provider before use. Individuals with known allergies to any listed ingredients should avoid use. Do not exceed the recommended dosage. Discontinue use if any adverse reaction occurs. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Hibiscus + Lavender Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Hibiscus, Organic Lavender, 95% Alcohol (from 190 proof Everclear)

Key Benefits & Traditional Uses:

- Cardiovascular Wellness
- Blood Sugar Metabolism
- Lipid Balance
- Antioxidant Activity
- Cognitive Clarity
- Urinary Function
- Head & Neurological Comfort
- Sleep Support
- Mood & Emotional Wellness
- Microbial Defense

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops per 5 pounds of body weight, up to a maximum of 10 drops, 2 to 3 times per day.

12 years to 17 years: 20 to 30 drops, taken up to 3 times per day.

18 years and older: 30 to 60 drops, taken up to 3 times per day.

⚠ **Caution:** Hibiscus + lavender tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Honeysuckle Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Honeysuckle, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Inflammatory Response
- Digestive Wellness
- Respiratory Support
- Microbial Defense
- Joint & Physical Ease
- Urinary Tract Comfort
- Nervous System Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops per year of age, up to a maximum of 10 drops, taken 2 to 3 times per day.

12 years to 17 years: 10 to 20 drops, taken 2 to 3 times per day.

18 years and older: 20 to 40 drops, taken 2 to 3 times per day.

⚠ **Caution**: Honeysuckle tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Wildcrafted Irish Sea Moss Tincture

Net 2 fl oz (59 ml)

Ingredients:

Wildcrafted Sea Moss, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Mineral Support
- Thyroid Function
- Detoxification Pathways
- Immune System Support
- Respiratory Comfort
- Joint & Tissue Wellness
- Energy & Vitality

Suggested Use:

Younger than 18 years old: Not recommended.

18 years and older: 30 drops taken daily or 60 drops taken every other day.

⚠️ **Caution**: Seamoss tincture is not considered safe for women who are pregnant, breastfeeding, or children under 17. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Japanese Knotweed Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Knotweed, 45% Alcohol (from 90 proof Vodka)

Key Benefits & Traditional Uses:

- Cognitive Clarity
- Cardiovascular Support
- Brain Function
- Digestive Comfort
- Antioxidant Activity
- Immune System Support
- Inflammatory Response

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 5 to 10 drops, taken 2 to 3 times per day.

18 years and older: 15 to 30 drops, taken 2 to 3 times per day.

⚠ **Caution**: Japanese knotweed tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Laser Focused - Tincture Blend

Net 2 fl oz (59 ml)

Ingredients: Nopal Leaf, Psyllium Husk, Sea Moss, Bladderwrack, Moringa Leaf, Bamboo Leaf, Ashwagandha Root, Alfalfa Leaf, Hawthorn Berry, Black Cumin Seed, Bacopa Leaf, Rhodiola Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Cognitive Clarity
- Endurance & Mental Performance
- Stress & Energy Balance
- Digestive & Metabolic Support
- Satiety & Fiber Support
- Circulatory Support
- Immune & Metabolic Wellness
- Thyroid & Iodine Support
- Nutrient-Dense Antioxidant Support
- Skin, Hair & Tissue Support
- Vitamin & Mineral Nourishment
- Mineral-Rich Wellness

Suggested Use:

Younger than 13 years: Do not use.

13 years to 17 years: 15 drops up to 2 times daily, only under the supervision of an adult.

18 years and older: Take 30 drops up to 2 times daily. Do not exceed 60 drops in a 24-hour period. Best taken in the morning and/or early afternoon. Avoid taking close to bedtime, as some adaptogens may be mildly stimulating. May be taken directly under the tongue or diluted in a small amount of water, juice, or herbal tea.

⚠ **Caution**: This product is not considered safe for pregnant or breastfeeding women. This formula combines adaptogens, seaweeds, and circulation-supporting herbs, so use with care. It contains Bladderwrack (iodine) and should be avoided with hyperthyroidism or thyroid medication unless supervised by a healthcare professional. Rhodiola and Beet Root may influence blood pressure; Nopal, Moringa, and Black Cumin may affect blood sugar; and Ashwagandha and Bacopa may enhance the effects of sedatives or anti-anxiety medications. Beet Root and Black Cumin may also have mild blood-thinning effects and should be used cautiously with anticoagulants such as warfarin or aspirin. If you experience dizziness, headaches, stomach upset, or overstimulation, reduce the dosage or discontinue use. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Lemon Balm - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Lemon Balm, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Microbial Balance
- Cardiovascular & Liver Wellnes
- Nervous System Support
- Antioxidant Activity
- Thyroid Balance
- Digestive Comfort
- Physical Ease
- Mood & Sleep Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 5 to 10 drops, taken 2 to 3 times per day.

12 years to 17 years: 10 to 20 drops, taken 2 to 3 times per day.

18 years and older: 20 to 40 drops, taken 2 to 3 times per day.

⚠️ **Caution**: Lemon balm tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Lemon Balm - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Lemon Balm, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Microbial Balance
- Cardiovascular & Liver Wellnes
- Nervous System Support
- Antioxidant Activity
- Thyroid Balance
- Digestive Comfort
- Physical Ease
- Mood & Sleep Support

Suggested Use:

Children (1-3 years): 5-10 drops, up to 3 times daily.

Children (4-12 years): 10-20 drops, up to 3 times daily.

Teens & Adults: 30 drops (1 dropper), up to 3 times daily.

For Sleep Support: Take 30 minutes before bedtime.

⚠ **Caution**: Lemon balm glycerin tincture is generally considered safe during both pregnancy and breastfeeding when used in moderation. Because tinctures are concentrated preparations, they should still be taken with care and only as directed. Always consult your Midwife or Doula before use. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Let's Go Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Cascara Sagrada Bark, Organic Senna Leaf, Organic Ginger Root, Organic Peppermint Leaf, Organic Marshmallow Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Healthy Bile Flow Support
- Cleansing Support
- Digestive Comfort
- Colon Motility Support
- Gentle Elimination Support
- Stimulating Elimination Support
- Circulatory Support
- Gas & Bloating Relief
- Mucosal Soothing Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: Do not use.

18 years and older: Take 30–60 in a small amount of water or herbal tea once daily in the evening, preferably before bedtime. Begin with 30 drops. Increase to 60 drops only if needed. Effects are typically experienced within 6–12 hours. Do not exceed 60 drops in 24 hours. Discontinue use once normal bowel movements are restored.

⚠️ **Caution**: This tincture is intended for adults 18 years and older only. It is designed for short-term, occasional use and is not recommended for long-term daily use. Do not use if you are pregnant, breastfeeding, or have intestinal obstruction, Crohn's disease, ulcerative colitis, or abdominal pain of unknown cause. Prolonged or excessive use may lead to electrolyte imbalance or dependency. Consult a healthcare professional if use is needed for more than 7 consecutive days. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Licorice Root Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Licorice Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Immune System Support
- Liver & Detoxification
- Stress & Adrenal Health
- Respiratory Wellness
- Overall Wellness & Vitality
- Joint & Muscle Comfort
- Digestive Health
- Women's Hormonal Balance
- Circulatory & Energy Support

Suggested Use:

Younger than 2 years: Do not use.

2 to 6 years: 3 to 5 drops, up to 1 time per day.

7 to 13 years: 10 to 15 drops, up to 1 time per day.

14 years to 17 years: 15 to 20 drops, taken up to 2 times per day.

18 years and older: 20 to 30 drops, taken up to 2 times per day.

⚠ **Caution**: Do not use for more than 6 weeks. Not for use during pregnancy or breastfeeding. Licorice root may cause fluid and electrolyte imbalances with prolonged use and may interact with medications such as blood pressure drugs, blood thinners, statins, diuretics, hormone-based contraceptives, and NSAIDs. Consult your healthcare provider before use. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Maca Root Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Maca Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Hormonal Balance Support
- Energy & Stamina
- Mood & Emotional Wellness
- Reproductive Vitality
- Immune System Support
- Cognitive Clarity
- Cycle & Menopausal Support
- Thyroid & Adrenal Function

Suggested Use:

Younger than 1 to 3 years: Do not use.

4 to 6 years: 30 drops, up to 2x per day.

7 to 12 years: 30 to 60 drops, up to 2x per day.

18 years and older: 60 drops, up to 3 times per day.

⚠ **Caution**: Maca Root is generally well tolerated, but those with hormone-sensitive conditions (such as breast, uterine, or prostate cancer) should consult a healthcare provider before use. Not recommended during pregnancy or while breastfeeding due to limited safety data. Always speak with your healthcare provider if you are taking medications or have underlying health concerns. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Marshmallow Root Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Marshmallow Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Respiratory Comfort
- Microbial Balance
- Seasonal Wellness
- Digestive Lining Support
- Physical Ease

Suggested Use:

Younger than 6 months: Do not use.

6 months to 1 year: 2 to 3 drops, up to 1 time per day.

2 to 6 years: 5 to 10 drops, up to 2 times per day.

7 to 17 years: 10 to 20 drops, taken 2 to 3 times per day.

18 years and older: 20 to 40 drops, taken 2 to 3 times per day.

⚠️ **Caution**: Marshmallow root is generally considered safe for pregnant and breastfeeding women when used in moderation. It is not considered safe for children under 6 months. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Milk Thistle Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Milk Thistle, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Liver Support
- Digestive Wellness
- Antioxidant Activity
- Immune System Support
- Hormonal Balance
- Detox Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 5 to 10 drops, taken 2 to 3 times per day.

18 years and older: 20 to 40 drops, taken 2 to 3 times per day.

⚠️ **Caution**: Milk thistle tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Moringa Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Moringa, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Antioxidant & Inflammatory Response
- Digestive Wellness
- Hormonal Balance
- Blood Sugar Metabolism
- Amino Acid Source
- Cellular Protection
- Microbial Balance
- Mood & Brain Function
- Liver Function
- Skin Health

Suggested Use:

1 to 17 years old: Not recommended.

18 years and older: 30 to 60 drops.

⚠️ **Caution**: This tincture should not be taken while pregnant, nursing, or attempting to get pregnant. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Mullein Leaf - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Mullein Leaf, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Respiratory Wellness
- Throat & Vocal Ease
- Seasonal Immune Support
- Allergy & Sensitivity Relief
- Cognitive & Head Tension Support
- Ear & Sinus Balance
- Digestive Health
- Joint & Muscular Comfort
- Inflammatory Response

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 5 to 10 drops, taken 3 times per day.

18 years and older: 15 to 30 drops, taken 3 times per day.

⚠️ **Caution**: Mullein leaf tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Additionally, Mullein leaf should not be taken by people who have any type of liver disease, or by people on anticoagulants. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Mullein - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Mullein, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Respiratory Wellness
- Throat & Vocal Ease
- Seasonal Immune Support
- Allergy & Sensitivity Relief
- Cognitive & Head Tension Support
- Ear & Sinus Balance
- Digestive Health
- Joint & Muscular Comfort
- Inflammatory Response

Suggested Use:

Children (1-3 years): 5-10 drops, up to 3 times daily.

Children (4-12 years): 10-20 drops, up to 3 times daily.

Teens & Adults: 30 drops (1 dropper), up to 3 times daily.

For Acute Respiratory Support: Take every 3-4 hours as needed.

⚠️ **Caution**: Mullein glycerin tincture is generally considered safe during both pregnancy and breastfeeding when used in moderation. Because tinctures are concentrated, they should still be taken with care and only as directed. Always consult your Midwife or Doula before use. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Oil of Oregano - Tincture

Net 2 fl oz (59 ml)

Ingredients:

Oregano Leaf, Olive Oil

Key Benefits & Traditional Uses:

- Immune Support
- Digestive Wellness
- Respiratory Comfort
- Microbial Balance
- Antioxidant Properties

Suggested Use:

Ages 15 and Up: 6 drops in a small glass of water. Can be taken daily if needed.

⚠️ **Caution**: Due to its potency, oil of oregano is not recommended for long-term daily use. It should be avoided by children, infants, and individuals who are pregnant or breastfeeding. Those taking medications—especially lithium, diuretics, or others with known herb-drug interactions—should consult a healthcare provider before use. Store in a cool, dry place; refrigeration may extend shelf life for several years. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Olive Leaf - Greek Olive Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Greek Olive, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Antioxidant Activity
- Microbial & Immune Support
- Inflammatory Response
- Blood Sugar & Pressure Support
- Digestive Wellness
- Cognitive Support
- Joint & Muscular Ease
- Cellular Regeneration

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops, up to a maximum of 10 drops per dose, taken 2 to 3 times per day.

12 years to 17 years: 15 to 30 drops, taken 2 to 3 times per day.

18 years and older: 30 to 60 drops, taken 2 to 3 times per day.

⚠ **Caution**: Olive leaf - Greek olive tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Passion Flower Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Passion Flower, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Calming & Relaxation Support
- Sleep Cycle Support
- Nervous System Wellness
- Digestive Comfort
- Muscular & Physical Ease
- Emotional & Stress Response
- Internal Balance

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops per year of age, up to a maximum of 10 drops, taken up to 3 times per day.

12 years to 17 years: 10 to 30 drops, taken up to 3 times per day.

18 years and older: 30 to 60 drops, taken up to 3 times per day.

⚠ **Caution**: Passion flower tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Peppermint Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Peppermint, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Calming & Relaxation Support
- Sleep Cycle Support
- Nervous System Wellness
- Digestive Comfort
- Muscular & Physical Ease
- Emotional & Stress Response
- Internal Balance

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 5 drops, taken up to 3 times per day.

12 years to 17 years: 5 to 10 drops, taken up to 3 times per day.

18 years and older: 10 to 30 drops, taken up to 3 times per day.

⚠️ **Caution**: Peppermint tincture is not considered safe for children under one. Peppermint tincture is generally considered safe during pregnancy and breastfeeding in small doses, but it is important to consult with a healthcare professional before use. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Purple Echinacea - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Purple Echinacea, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Immune System Support
- Antioxidant Activity
- Physical Comfort
- Hormonal Balance
- Microbial Harmony
- Inflammatory Response

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops per year of age, up to a maximum of 10 drops, taken 1 to 3 times per day.

12 years to 17 years: 10 to 30 drops, taken 1 to 3 times per day.

18 years and older: 30 to 60 drops, taken 1 to 3 times per day.

⚠️ **Caution**: Purple echinacea tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Purple Echinacea - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Echinacea, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Immune System Support
- Antioxidant Activity
- Physical Comfort
- Hormonal Balance
- Microbial Harmony
- Inflammatory Response

Suggested Use:

Infants (6-12 months): 2-5 drops, up to 3 times daily.

Children (1-3 years): 5-10 drops, up to 3 times daily.

Children (4-12 years): 10-20 drops, up to 3 times daily.

Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

⚠️ **Caution**: Purple echinacea tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Red Clover Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Red Clover, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Hormonal Balance
- Bone & Skeletal Wellness
- Respiratory Support
- Immune System Support
- Cardiovascular Support
- Cognitive Clarity
- Joint & Muscular Comfort

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 10 to 20 drops, taken up to 3 times per day.

12 years to 17 years: 20 to 40 drops, taken up to 3 times per day.

18 years and older: 40 to 60 drops, taken up to 3 times per day.

⚠️ **Caution**: Red clover tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Red Raspberry Leaf - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Red Raspberry Leaf, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Oral & Gum Comfort
- Nutrient Support
- Cycle & Hormonal Balance
- Pregnancy & Postpartum Wellness
- Menstrual Comfort
- Antioxidant Activity
- Digestive Wellness
- Immune System Support
- Blood Sugar Balance

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 5 to 10 drops, taken 1 to 3 times per day.

12 years to 17 years: 10 to 20 drops, taken 1 to 3 times per day.

18 years and older: 20 to 40 drops, taken 1 to 3 times per day.

⚠ **Caution**: Red raspberry leaf is not considered safe for children under one. Red raspberry glycerin is generally considered safe during the 2nd and 3rd trimesters of pregnancy, as well as while breastfeeding, when used in moderation. It should not be used during the 1st trimester unless under the guidance of a qualified healthcare provider. Always consult your Midwife or Doula before use. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Red Raspberry Leaf - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Red Raspberry Leaf, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Oral & Gum Comfort
- Nutrient Support
- Cycle & Hormonal Balance
- Pregnancy & Postpartum Wellness
- Menstrual Comfort
- Antioxidant Activity
- Digestive Wellness
- Immune System Support
- Blood Sugar Balance

Suggested Use:

Children (1-3 years): 5-10 drops, up to 3 times daily.

Children (4-12 years): 10-20 drops, up to 3 times daily.

Teens & Adults: 30 drops (1 dropper), up to 3 times daily.

Pregnant Women: Consult your midwife or healthcare provider for personalized dosing.

⚠️ **Caution**: Red raspberry glycerin is generally considered safe during the 2nd and 3rd trimesters of pregnancy, as well as while breastfeeding, when used in moderation. It should not be used during the 1st trimester unless under the guidance of a qualified healthcare provider. Always consult your Midwife or Doula before use. Keep out of reach of children and pets.

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Red Cleavers Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Red Cleavers, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Lymphatic System Support
- Fluid Balance & Circulation
- Skin & Kidney Wellness
- Gentle Diuretic Properties
- Inflammatory Response
- Immune System Support
- Hormonal & Reproductive Ease
- Post-Illness Support
- Liver & Urinary Tract Support

Suggested Use:

Infants to 3 years: Do not use

4 to 11 years: 2–5 drops, diluted in warm water or herbal tea, 1 to 2 times per day.

12 to 17 years: 10 to 20 drops, diluted in a small amount of water or tea, 1 to 3 times per day.

18 years and older: 20 to 40 drops, 1 to 3 times per day, diluted in water or tea. May be taken on an empty stomach for best lymphatic effect.

⚠️ **Caution**: Red cleavers is not considered safe for women who are pregnant, breastfeeding. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Resurrection Flower Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Resurrection Flower, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Flavonoid-Rich Support
- Oxidative Stress Response
- Vitality & Aging Support
- Immune System Support
- Cycle Comfort
- Musculoskeletal Ease
- Head & Sensory Ease
- Inflammatory Response
- Respiratory Wellness
- Oral Clarity

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 5 drops, taken 2 to 3 times per day.

12 years to 17 years: 5 to 10 drops, taken 2 to 3 times per day.

18 years and older: 10 to 60 drops, taken 2 to 3 times per day.

⚠️ **Caution**: Resurrection flower tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Rhodiola Sacra Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Rhodiola Sacra Root, 95% Alcohol (from 190 proof Grain Alcohol)

Key Benefits & Traditional Uses:

- Metabolic Support
- Energy & Vitality
- Mood & Emotional Wellbeing
- Cognitive Clarity
- Head & Neurological Ease
- Antioxidant Activity
- Cardiovascular Wellness
- Liver & Cellular Health
- Physical Ease & Reproductive Vitality

Suggested Use:

Younger than 2 years: Do not use.

2 years to 9 years: Do not use.

10 years to 14 years: 10 drops taken 2 times per day.

15 years to 17 years: 15 drops taken 2 to 3 times per day.

18 years and older: 20 drops taken 3 to 4 times per day. Drop into 2 oz of water or juice.

Note: It is recommended to drop Rhodiola Sacra Tincture into 1 ounce of water or juice to dilute the 190 proof grain alcohol. Adding to a cup of boiling tea is also effective to remove the alcohol content of the tincture.

⚠️ **Caution**: This tincture is not considered safe for women who are pregnant, breastfeeding, or children under ten. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Wild Rose Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Wild Rose, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Skin & Complexion Support
- Emotional Balance
- Circulatory Wellness
- Physical Ease
- Digestive & Gut Support
- Reproductive Wellness
- Liver & Metabolic Support
- Immune & Microbial Balance
- Cognitive & Head Comfort

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 5 to 10 drops, taken 2 to 3 times per day.

12 years to 17 years: 10 to 20 drops, taken 2 to 3 times per day.

18 years and older: 20 to 40 drops, taken 2 to 3 times per day.

⚠ **Caution**: Wild Rose Tincture can be safely used during pregnancy and breastfeeding when added to boiling water, as the heat causes the alcohol to evaporate. However, it is not recommended for children under one year of age. Keep out of reach of children and pets.

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Sage Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Sage, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Digestive Wellness
- Mood & Emotional Support
- Cognitive Clarity
- Antioxidant Activity
- Nervous System Ease

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 5 drops, taken 1 to 3 times per day.

12 years to 17 years: 5 to 10 drops, taken 1 to 3 times per day.

18 years and older: 10 to 30 drops, taken 1 to 3 times per day.

⚠️ **Caution**: Sage tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Saint John's Wort Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic St. John's Wort, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Mood & Emotional Support
- Cycle & Hormonal Wellness
- Skin & Cellular Support
- Digestive Balance
- Neurological Clarity

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 drop of tincture per year of age, up to a maximum of 10 drops, taken up to 3 times per day.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 20 to 40 drops, taken up to 3 times per day.

⚠ **Caution**: St. John's Wort tincture is not considered safe for children under one. Pregnant women should not take St. John's Wort, as it may cause uterine contractions and increase the risk of miscarriage. Breastfeeding women should also avoid St. John's Wort, as it may pass into breast milk and cause side effects in the nursing infant. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Sarsaparilla Root Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Sarsaparilla Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Detoxification Support
- Liver & Metabolic Wellness
- Inflammatory Response
- Skin & Complexion Clarity
- Microbial Harmony
- Hormonal Balance
- Joint & Muscular Comfort
- Immune System Support

Suggested Use:

Younger than 1 to 3 years: Do not use.

4 to 6 years: 30 drops, up to 2 times per day.

7 to 11 years: 30 to 60 drops, up to 2 times per day.

12 to 17 years: 60 drops, up to 3 times per day.

18 years and older: 60 drops up to 3 times per day.

⚠ **Caution**: Sarsaparilla is generally considered safe in appropriate doses. However, it should not be used during pregnancy or while breastfeeding due to insufficient safety data. If you have kidney disease or are taking medications for hormone-sensitive conditions, consult your healthcare provider before use. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Saw Palmetto Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Saw Palmetto Berries, Distilled Water, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Urinary Tract Wellness
- Hormonal Balance Support
- Skin & Hair Support
- Reproductive System Support

Suggested Use:

Younger than 15 years: Do not use.

15 years to 17 years: 15 to 30 drops in water or tea, once daily.

18 years and older: 30 to 60 drops in water or tea, up to 2 times daily.

Best Practices: Take with meals to support absorption.

⚠ **Caution**: Not intended for children under 15, pregnant or nursing women, or those with a history of hormone-sensitive conditions such as certain breast, ovarian, or uterine concerns. Consult your healthcare provider before use if you are taking hormone therapy, oral contraceptives (as Saw Palmetto may alter effectiveness), anticoagulant or antiplatelet drugs such as warfarin or aspirin (due to a mild increase in bleeding risk), or blood pressure medications (as effects may be enhanced). Discontinue use at least two weeks before surgery because of potential bleeding risk. Possible side effects include mild digestive upset, nausea, or headache in sensitive individuals; reduce dosage or discontinue use if adverse effects occur. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Sideritis Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Sideritis, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Inflammatory Response Support
- Iron Metabolism
- Nervous System Function
- Mental Focus
- Digestive Harmony
- Cognitive Health
- Emotional Wellness
- Respiratory Function

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 15 drops, taken 2 to 3 times per day.

18 years and older: 20 to 30 drops, taken 2 to 3 times per day.

⚠ **Caution**: Sideritis tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Skin Support Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Oregon Grape Root, Organic Roobios, Organic Lemongrass, Organic Lemon Rind, Organic Clove, Organic Ceylon Cinnamon, Organic Black Tea, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Liver & Skin Detox Support
- Antioxidant & Hormonal Balance
- Skin Tone & Tissue Support
- Pigmentation & Clarity Support
- Microbial & Digestive Wellness
- Skin Comfort & Clarity
- Pore & Inflammatory Balance

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 20 to 40 drops, taken up to 3 times per day.

Note: May be used alongside elemental zinc (typically 30–50 mg per day), if advised by your healthcare provider.

⚠️ **Caution:** This tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Chinese Skullcap - Alcohol Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Skullcap, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Immune & Seasonal Wellness
- Rest & Sleep Support
- Cognitive & Neurological Support
- Stress & Mood Balance
- Allergy & Sensitivity Response
- Hair & Scalp Wellness
- Hormonal Balance
- Antioxidant Activity

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops per year of age, up to a maximum of 25 drops, taken 2 to 3 times per day.

12 years to 17 years: 15 to 30 drops, taken 2 to 3 times per day.

18 years and older: 30 to 60 drops, taken 2 to 3 times per day.

⚠ **Caution**: Skullcap tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Chinese Skullcap - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Skullcap, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Immune & Seasonal Wellness
- Rest & Sleep Support
- Cognitive & Neurological Support
- Stress & Mood Balance
- Allergy & Sensitivity Response
- Hair & Scalp Wellness
- Hormonal Balance
- Antioxidant Activity

Suggested Use:

Infants (6-12 months): 2-5 drops, up to 3 times daily.

Children (1-3 years): 5-10 drops, up to 3 times daily.

Children (4-12 years): 10-20 drops, up to 3 times daily.

Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

⚠ **Caution**: Skullcap glycerin tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

*This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.



Slippery Elm - Glycerin Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Slippery Elm, Distilled Water, Coconut Glycerin

Key Benefits & Traditional Uses:

- Digestive Comfort
- Upper GI Tract Support
- Bowel & Microbiome Support
- Respiratory Wellness
- Skin & Tissue Support
- Calming Support
- Urinary Comfort

Suggested Use:

Younger than 2 years: Do not use.

2 years to 11 years: 10–20 drops diluted in juice or water, up to 2 times daily, under adult supervision.

12 years to 17 years: 10–20 drops, taken up to 3 times daily.

18 years and older: 30 to 60 drops, taken up to 3 times daily.

Best Practices: Take with a full glass of water. Separate use from medications or other supplements by at least 1 hour before or 2 hours after, as Slippery Elm may reduce absorption.

⚠️ **Caution**: Not intended for use during pregnancy or breastfeeding. If you have a medical condition or are taking prescription medication, consult your healthcare provider before use. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Souchong Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Souchong, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Cardiovascular Support
- Cognitive Clarity
- Physical & Neurological Ease
- Digestive Wellness
- Stress & Mood Balance
- Cellular & Antioxidant Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 15 drops, taken up to 3 times per day.

18 years and older: 20 to 30 drops, taken up to 3 times per day.

⚠ **Caution**: Souchong tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Soursop Leaf Tincture

Net 2 fl oz (59 ml)

Ingredients:

Wildcrafted Soursop, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Immune System Support
- Antioxidant Activity
- Digestive Comfort & Regularity
- Metabolic & Circulatory Support
- Muscular & Cellular Balance
- Reproductive Wellness
- Microbial Harmony

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops per pound of body weight, up to a maximum of 10 to 20 drops per day, divided into 2 to 3 doses.

12 years to 17 years: 20 to 30 drops per day, divided into 2 to 3 doses.

18 years and older: 30 to 60 drops per day, divided into 2 to 3 doses.

⚠ **Caution**: Soursop tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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Stinging Nettles Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Nettles, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Muscular & Joint Comfort
- Inflammatory Response
- Cardiovascular Support
- Skin & Complexion Clarity
- Reproductive System Support
- Mineral & Kidney Support
- Urinary Wellness

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 20 drops, taken 2 to 3 times per day.

18 years and older: 20 to 30 drops, taken 2 to 3 times per day.

⚠️ **Caution**: Stinging nettles tincture is not considered safe for children under 12. Pregnant and breastfeeding women should avoid stinging nettle as it can stimulate uterine contractions and may cause miscarriage or premature labor. Keep out of reach of children and pets.

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Thyroid Support Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Sea Moss, Organic Bladderwrack, Organic Burdock, Organic Kelp, Organic Alfalfa, Organic Parsley, Organic Cayenne, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Glandular System Support
- Iodine-Rich Botanicals
- Cellular & Circulatory Wellness
- Metabolic & Nutritional Support
- Energy & Circulation

Suggested Use:

Younger than 2 years: Do not use.

2 years to 11 years: Do not use

12 years to 17 years: Do not use.

18 years and older: 20 drops in 2 ounces of water before meals.

⚠ **Caution**: Not intended for use during pregnancy or breastfeeding. Do not use if you have hyperthyroidism, Hashimoto's without professional guidance, or known kidney disease. Consult your healthcare provider if you are on thyroid medication, blood thinners, or have a history of hormone-sensitive conditions or autoimmune disease. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Turmeric + Black Pepper Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Turmeric, Organic Black Pepper, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Inflammatory Response
- Muscular & Joint Comfort
- Circulatory Wellness
- Digestive Balance
- Cognitive & Neurological Ease
- Skin & Cellular Vitality
- Liver & Detoxification Support
- Metabolic Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 20 to 30 drops, taken up to 3 times per day.

⚠️ **Caution**: Not recommended for children under 12. Pregnant or breastfeeding women should consult a healthcare provider before use. High doses of turmeric may increase bleeding risk or cause uterine contractions. Black pepper may interact with medications. Keep out of reach of children and pets.

***This statement and this product have not been evaluated by the Food and Drug Administration and is not intended to prevent, treat, or cure disease.**



Valerian Root Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Valerian Root, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Sleep & Relaxation Support
- Emotional Balance
- Cycle & Hormonal Wellness
- Cognitive & Behavioral Support
- Head & Neurological Ease

Suggested Use:

Younger than 1 to 3 years: Do not use.

4 to 6 years: 30 drops up to 2 times per day.

7 to 11 years: 30 to 60 drops up to 2 times per day.

12 years to 17 years: 60 drops up to 3 times per day.

18 years and older: 60 drops up to 3 times per day.

⚠️ **Caution**: Valerian may not be safe if you're pregnant or breastfeeding, and it has not been evaluated to determine if it's safe for children under 3 years old. Additionally, if you have liver disease, avoid taking valerian. Furthermore, because valerian can make you drowsy it is recommended to avoid driving or operating dangerous machinery after taking it. Keep out of reach of children and pets.

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White Pine Needle Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Pine Needle, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Respiratory & Throat Comfort
- Immune System Support
- Cognitive & Mood Balance
- Metabolic Support
- Circulatory Wellness
- Environmental Sensitivity Response

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops per year of age, up to a maximum of 10 drops, taken up to 3 times per day.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 20 to 40 drops, taken up to 3 times per day.

⚠ **Caution**: White pine needle tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Keep out of reach of children and pets.

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White Willow Bark Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic White Willow Bark, 50% Alcohol (from 100 proof Vodka)

Key Benefits & Traditional Uses:

- Physical Ease & Comfort
- Neurological Calm
- Head & Cycle Wellness

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 20 drops, taken up to 3 times per day.

18 years and older: 40 to 60 drops, taken up to 3 times per day.

⚠ **Caution**: Pregnant women, breastfeeding women, and children under 12 years old should not use white willow bark tincture, as there is not enough research to determine its safety in these populations. Additionally, individuals who are allergic to aspirin or who are taking blood-thinning medications should avoid using white willow bark tincture as it may increase the risk of bleeding. Keep out of reach of children and pets.

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Wild Yam Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Wild Yam, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Cycle & Hormonal Wellness
- Metabolic Support
- Cardiovascular Wellness
- Muscular & Joint Ease

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 10 to 20 drops, taken 2 to 3 times per day.

18 years and older: 20 to 40 drops, taken 2 to 3 times per day.

⚠️ **Caution**: Wild yam tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Keep out of reach of children and pets.

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Wormwood Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Wormwood, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Digestive Balance
- Microbial Harmony
- Neurological Clarity
- Liver & Metabolic Wellness
- Cycle & Abdominal Comfort
- Immune System Support
- Muscular & Physical Ease
- Gallbladder & Elimination Support

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: Do not use.

12 years to 17 years: 6 to 20 drops, taken 2 times per day.

18 years and older: 20 to 40 drops, taken 2 times per day.

⚠ **Caution**: Not to be used for more than 2 to 3 weeks max. Additionally, wormwood tincture is not considered safe for women who are pregnant, breastfeeding, or children under 12. Furthermore, wormwood contains thujone, a compound that can be toxic in high doses, so it should not be taken in large amounts or for prolonged periods. Keep out of reach of children and pets.

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Wormwood + Clove Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Wormwood, Organic Clove, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Microbial Harmony
- Digestive Wellness
- Immune System Support
- Internal Balance

Suggested Use:

Under 12 years old: Not recommended.

Ages 12-17: 6-20 drops, twice daily.

Ages 18+: 20-40 drops, twice daily.

Note: Do not exceed 14-21 consecutive days.

⚠️ **Caution**: Not recommended for use by pregnant or breastfeeding women, children under 12, individuals with liver disease, or those sensitive to thujone (a natural compound found in wormwood). Keep out of reach of children and pets.

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Yarrow Flower Tincture

Net 2 fl oz (59 ml)

Ingredients: Organic Yarrow, 40% Alcohol (from 80 proof Vodka)

Key Benefits & Traditional Uses:

- Respiratory Comfort
- Digestive Support
- Gastrointestinal Harmony
- Immune System Resilience

Suggested Use:

Younger than 1 year: Do not use.

1 year to 11 years: 1 drop per 4 pounds of body weight, up to a maximum of 15 drops per dose, taken up to 3 times per day.

12 years to 17 years: 15 to 30 drops, taken up to 3 times per day.

18 years and older: 30 to 60 drops, taken up to 3 times per day.

⚠ **Caution**: Yarrow flower tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Additionally, pregnant and breastfeeding women should avoid using yarrow because it may stimulate menstruation and cause miscarriage or premature birth. Yarrow contains small amounts of thujone, a compound that can be toxic to the nervous system and can cause seizures when taken in large amounts. Keep out of reach of children and pets.

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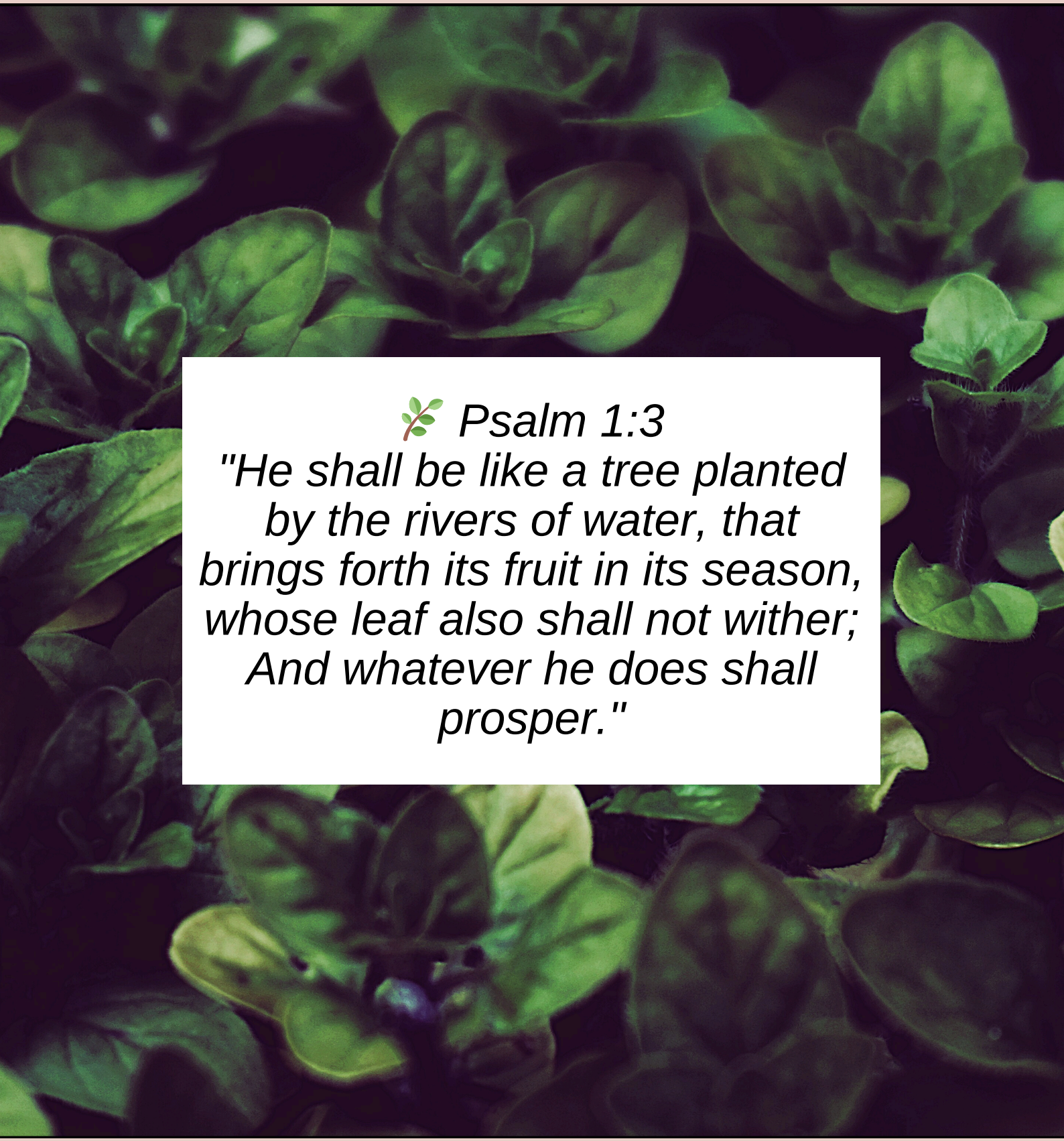

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