

HOW TO TAKE YOUR HERBAL FORMULAS

REDUCING THE ALCOHOL CONTENT

"BURNING OFF THE ALCOHOL"

You have the option of burning off the alcohol when taking liquid herbal tinctures. To do this, place 1 to 3 ounces of simmering (not boiling!) distilled water into an empty cup, then put your liquid formulas together in the cup of water. Allow to cool for approximately 10 minutes, during which time the steam carries off some of the alcohol. This can be done for each serving, and multiple formulas can be combined and taken together.

You can add your herbs to fruit juice or water if you prefer to skip this step.



Bottles will last approximately 2 weeks when herbs are taken at the standard dose. Dosage for higher or lower weights, or using acute dosing, will alter the length of time bottles last.

FLOATERS IN YOUR TINCTURE?

You may occasionally see thick particles in your tinctures. This is particles of herbs that were not fully strained. This is what Dr. Morse sometimes refers to as "liquid gold"! It makes your tincture stronger and is not harmful to consume.

*Color and consistency of formulas may vary.

TINCTURE, ALCOHOL-FREE GLYCERIN & CAPSULE

DOSING

All doses should be taken 2 times per day or as suggested on label. Some formulas will have different suggested dosages.



TINCTURE/GLYCERIN

DROPPER MEASURES:

One dropperful (or one squeeze) will fill approximately half of the pipette. You may find the pipette will fill up in one squeeze, or you may need to do two halves of the pipette. This will be considered two dropperfuls.