

Instructions for Taking Your Liquid Extract

Your Dosage

The dosage will be written as a specific number of droppers-full per dose, and the number of doses per day.

- ✍ One squeeze of the dropper bulb will fill it halfway is considered a "dropper" or a "full dropper." (We know, it's really only half a dropper... but that's what they mean when they say take however many droppers.)
- ✍ Your dose has been determined by your practitioner, and will be noted on your bottle. Common dosages are between 3 and 6 droppers taken 2 or 3 times daily.
- ✍ Do not take more herbs than prescribed.
- ✍ Your practitioner has indicated when the herbs should be taken; before, after or between meals.

Taking Your Herbs

- ✍ Many people simply squirt each dropper-full under their tongue, tilt their heads back, and let the herbs run down their throat. Then they chase it with water, juice or something with a strong flavor. This way, it's over quick!
- ✍ Other people like the taste of their herbs but dislike the alcohol smell. These folks put the herbs into hot water, let it sit for a few minutes and then drink the resulting tea.
- ✍ Still others prefer to mask the taste by putting their dose into something with a strong flavor. Tomato juice, grapefruit juice, a smoothie, anything you'd like.

Can I evaporate the alcohol from the herbs by putting them into hot water?

- ✍ No, this is a common misconception. Putting your droppers of tincture into nearly boiling water and letting it sit will simply disperse alcohol fumes. This makes the mixture more palatable for some people.
- ✍ The only way to eliminate the alcohol would be to actually cook it down or reduce it, like you might thicken a sauce. This would significantly alter the property of the herbs and is not recommended.
- ✍ If the alcohol is problematic for you, ask your practitioner about herbs in a powdered form.