

working with

tinctures

With bottle upright, shake well, then drip into small cup of water (30 - 60 ml) or directly into mouth with some water already inside.

11 drops = 0.5ml

22 drops = 1ml

44 drops = 2ml

Maintain in mouth for 40 - 90 seconds, then swallow.

Keeping tincture under the tongue helps the plant constituents flow directly into the blood stream for a faster onset and increased absorption.

Best ingested **before food**,
unless otherwise indicated.

Tinctures can be mixed into hot drinks to help evaporate some of the alcohol.

Read potential interaction//contraindication
warnings provided in each plant
booklet before starting.

Most bottles contain both
acute (immediate, short term) and
chronic (long term) serving information.

Consistency is key.

Having one big serving will not have the same effect as multiple smaller ones spread throughout the day.

It is recommended to **begin with smaller servings** for a few days so that ones body can gently start to grow accustomed to the plants.

Do not exceed daily maximum.

Please consult a doctor, especially when pregnant, on any kind of pharmaceutical drugs, soon to have an operation or have any serious health issues.

Keep 2 hours or more between taking pharmaceuticals and herbal preparations.

Store in a cool, dark place away from young children.

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