

## REDUCING THE ALCOHOL CONTENT “Burning off the Alcohol”

We recommend 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 all 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.

*Liquid herbs can also be consumed in fruit juice, plain water, or a smoothie!*



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## Tincture, Glycerin & Capsule Dosing

(all doses should be taken 3 times per day)

Approx. Weight	Standard	Acute
Infants or small Animals (less than 25 lbs.)	1 drop per 8 lbs. ¼ capsule	2 drops per 8 lbs. ½ capsule
25-50 lbs.	⅔ dropperful ½ capsule	1 dropperful ¾ capsule
50-75 lbs.	1 dropperful 1 capsule	1½ dropperful 1½ capsules
75-150 lbs.	2 dropperfuls 2 capsules	3 dropperfuls 3 capsules
	2 dropperfuls	4½ dropperfuls

Tinc

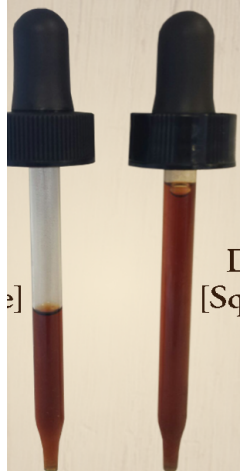
One  
Dropperful  
[One Squeeze



## aters in Your Tincture?

panic! It's actually  
cles of herbs that  
not fully strained-  
s a good thing! It  
es your tinctures  
nger and will not  
any harm by being  
consumed.

## ature/Glycerin Measures



Two  
Dropperfuls  
[Squeeze Twice]

150-225 lbs.	5 dropperfuls 3 capsules	4 1/2 dropperfuls 4 capsules
225-300 lbs.	4 dropperfuls 4 capsules	6 dropperfuls 6 capsules

Note: If you  
liquid to  
squeezes,  
"one"

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

you can't pull up enough  
fill the pipette with two  
then just use two of the  
"dropperful" level.

*dose for 75-150 lbs.  
of time bottles last.*