



# The Mavis Institute

## The crossroads between Nature & Technology.

A tincture is a concentrated liquid form of an herb that is easy to make and easy to take. Tinctures preserve and concentrate the properties of the herb, making them more effective and longer lasting.

Alcohol based tinctures have a shelf life of several years and are easy to use when needed! We keep several tinctures on hand, for relief from common problems.

If you've ever bought tinctures from the store, We'd encourage you to try making your own, as they are very inexpensive and can be made in minutes. It's fun too.



## Herbal Tincture

### How to Make a Tincture

Also called an extract (in fact, the same process is used to make real vanilla extract), alcohol tinctures are the most common type and the easiest to make.

First, pick which herbs you plan to use. These are some of my favorite tinctures:

Fill you tea bags or cheese cloth with herbs. Depending on the herb you choice some are better fresh, and some are better dried.

Place herb bag into jar, a second herb bag can be added this will make a stronger tincture. Do not pack down.

Pour boiling water to just dampen all of the herbs. (This step is optional but helps to draw out the beneficial properties of the herbs)

Fill the rest of the jar (or the entire jar if not using hot water too) with alcohol and shake gentle.

Put the lid on the jar. Store the jar in a cool/dry place, shaking often, for at least four weeks and up to nine months. (I usually leave herbs for six weeks)

Strain through cheesecloth and compost the herbs. Store the tincture in colored dropper bottles or clean glass jars

**\*Important Safety Information:** Proper identification is extremely important here when foraging – there are some types of elderberry that are toxic, black elderberries are considered safe, but be sure of identification before ingesting. Everyone reacts differently. I'm not a trained doctor nor a trained healthcare professional, please ask your your doctor or herbalist if you have any question on usage. Use at your own risk.

## Supplies



Mason Jar



+80 Proof Alcohol



Herbs



Tea Bag



Tincture Bottle



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The Mavis Institute Co-Op  
122 Tower Rd PO Box 13  
Flat Top, WV 25841



+(304)410.0037



mavisfarmacy@gmail.com



mavisfarmacy.com