

The Mavis Institute

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HERBAL TINCTURE



Tinctures

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.

Material Check List



oregano



sage



basil



rosemary



mint



parsley



marjoram



lavander



cilantro

Tincture Making Supplies

We make most tinctures in an alcohol base as this makes them the most long lasting, but tinctures can also be made with vinegar or even with honey to make a syrup!

To make a tincture, you will need the following supplies:

- > A clean glass jar with lid
- > Consumable alcohol like vodka or rum- at least 80 proof or apple cider vinegar
- > Herbs of choice
- > Tincture Bottle
- > Tea Bags or Cheese Cloth



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.

NOTE: The alcohol can be evaporated before use or a tincture can be made in the same way using apple cider vinegar, though it will need to be stored in the fridge and will only last 3-6 months.

How to Use Herbal Tinctures

The standard adult dose we take is ½ (1 dropper) to 1 teaspoon (2 droppers) up to three times a day as needed. Kids usually get 1/4 to 1/3 of the adult dose.

*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.

Elderberry: Cold and Flu



Peppermint: Motion sickness, Stomach aches



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