

*Kingdom Come Home*



## A GUIDE TO HERBAL TINCTURES SAFE FOR CHILDREN



[www.kingdomcomehome.shop](http://www.kingdomcomehome.shop)

# MEDICAL DISCLAIMER

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# UNDERSTANDING HERBAL TINCTURES FOR CHILDREN

At Kingdom Come Home, we believe in the power of nature's healing. When it comes to our little ones, safety is our top priority. This guide provides an extensive list of child-safe herbal tinctures, their recommended ages, and appropriate dosages.

For alcohol-based tinctures, we also include the safest method for removing alcohol while preserving the medicinal properties of the herbs.

Herbal tinctures are potent liquid extracts that deliver plant medicine in a concentrated form. While alcohol-based tinctures are most common, glycerin-based (glycerites) are an excellent alcohol-free option.

# GENERAL GUIDELINES FOR CHILDREN'S DOSAGES

**A common rule for determining a child's dosage is Young's Rule, which states:**

- For ages 1-6 →  $\frac{1}{4}$  of the adult dose
- For ages 7-12 →  $\frac{1}{2}$  of the adult dose
- For infants under 1 → Only certain herbs in very diluted amounts (always consult a qualified herbalist or pediatrician)

**Alternatively, Clark's Rule is another method:**

- Child's weight (in lbs)  $\div$  150 = fraction of adult dose



# FINAL NOTES ON USING HERBAL TINCTURES FOR CHILDREN

- Always start with the lowest effective dose and observe for any reactions.
- If using alcohol-based tinctures, remove alcohol by steaming it off with hot water before giving it to a child.
- For babies under 6 months, herbal remedies should primarily be administered via a nursing mother's milk rather than directly.
- Always consult a qualified herbalist or healthcare provider when introducing a new herb.

# HOW TO SAFELY REMOVE ALCOHOL FROM TINCTURES

**For children, alcohol-based tinctures can be modified using this method:**

1. *Boil Water* – Heat a small amount of water to just below boiling.
2. *Add Tincture* – Place the tincture dose in a heat-safe cup.
3. *Pour Hot Water Over It* – Allow it to sit for 5-10 minutes.
4. *Let Alcohol Evaporate* – The heat will remove most of the alcohol while keeping the medicinal properties intact.

For a completely alcohol-free option, use glycerin-based tinctures (glycerites). We offer a selection of these on the website.

Herbs are a powerful and natural way to support children's health, but proper knowledge and caution are essential. Always use herbs in appropriate doses and consult a trusted herbalist or healthcare professional when necessary.

At Kingdom Come Home, we honor God's wisdom in nature's remedies.

*“He causes the grass to grow for the cattle, and vegetation for the labor of man, so that he may bring forth food from the earth.” – Psalm 104:14*

May your home be filled with healing, peace, and divine restoration.

# ABOUT OUR TINCTURES

**Children + Tinctures:** Please consult a pediatric herbalist before administering tinctures to children. Not all herbs are safe for children, and we always suggest doing your research, exercising caution, and speaking with a health professional.

**Pregnancy + Breastfeeding Precautions:** Mommas need to speak with their midwife or Doula. It is very important that you are aware of what may crossover into an unborn baby's delicate system.

**Drug Interaction Precautions:** If you're taking prescribed or over the counter medications, you need to speak with your doctor and do your research. Some herbs can counteract pharmaceutical drugs.

**Allergy Precaution:** People with extreme allergies need to know what plant family an herb originates from to ensure they are not potentially allergic to a plant compound.

**Chemo + Radiation Precaution:** People undergoing chemo or radiation should consult their physician before taking any herbal tincture, supplement, or powder to ensure safety.

# ABOUT OUR TINCTURES CONT.

**If you are new to tinctures, here is some information that you may find helpful:**

- Depending on the tincture, you may see floaters. This is completely normal and is just part of the herbs in the bottle.
- The color of the liquid in your tincture may vary from clear to red, green, purple/blue, gold, brown, etc. This is dependent on the herb and is also completely normal.
- The dropper of your tincture may be clear or it may look like moss. For example, Nettles tincture can turn the dropper almost green/black with a coating. This is also completely normal and depends on the herb.
- Our tinctures have no water content, so it is almost impossible for them to mold. We use dried organic herbs and coconut glycerin for this reason.
- If a tincture is not safe for children, pregnancy or breastfeeding mothers, this information will be listed on each individual tincture's webpage.
- Tinctures should be kept in a cool, dark cabinet. Some people keep their tinctures in a mini fridge, which does not harm them in any way.

# ABOUT OUR HERBS

All of the herbs used in our tinctures, salves, balms, supplements and herbal remedies are organically grown - making them naturally non-GMO. We prefer to use wild crafted whenever possible, providing it doesn't disrupt God's ecosystem.

Our herbs are harvested and dried by hand in small batches at low "raw" temperatures to ensure the highest quality product. We work with growers who respect God's earth, and adhere to the biblical principles of allowing the land to rest. - Leviticus 25

We are committed to using only the highest quality organic herbs, sourced from all over the world. Our focus is not on impressing you with our tincture label, but rather on providing you with the exceptional benefits of God's creation.

We pray that our herbal tinctures are a blessing to you, your family, and your health. May you prosper, as your soul prospers.



# FREQUENTLY ASKED QUESTIONS

## **What is a Glycerine Herbal Tincture?**

Tinctures are concentrated herbal extracts made by soaking the bark, berries, leaves (dried or fresh), plants, mushrooms, flowers, cones, or roots from one or more plants in alcohol or glycerin. In this case, the glycerin extracts the medicinal properties, concentrating them as a liquid.

## **Is an herbal tincture, capsule, or powder stronger?**

Tinctures are stronger because they are more concentrated and bypass digestion by going directly into the bloodstream.

## **Can I take multiple tinctures at a time?**

Yes, however, you will want to research if the plants work together or against each other. A simple Google search will tell you.

# BEE PROPOLIS GLYCERIN TINCTURE



## Key Benefits:

- Immune Support – Strengthens the body's natural defenses and supports year-round wellness
- Soothes Sore Throats – Helps calm irritation and inflammation in the throat and mouth
- Natural Antimicrobial – May support oral health and help combat bacteria
- Alcohol-Free & Gentle – Ideal for children, the elderly, and those who are alcohol-sensitive
- Great-Tasting & Easy to Use – Can be taken directly or added to drinks

## Dosage:

Infants (6–12 months): 2–3 drops, up to 2 times daily.

Children (1–3 years): 5–10 drops, up to 2 times daily.

Children (4–12 years): 10–20 drops, up to 3 times daily.

Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

Can be taken directly under the tongue or diluted in water, juice, or warm (not hot) tea. Shake well before use.

## Ingredients:

Bee Propolis Resin, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - Indefinite

2 Ounce Dropper

*Safety  
Warning!*

Bee products are not suitable for individuals with bee allergies. If you have a known allergy to bees or bee-related ingredients, do not use this product.



# CALENDULA GLYCERIN TINCTURE



## For Skin & Wound Healing:

- **Supports Skin Repair** – Traditionally used to soothe cuts, scrapes, burns, rashes, and eczema.
- **Anti-Inflammatory & Antimicrobial** – Helps reduce redness, swelling, and prevent infections.
- **Promotes Clear, Healthy Skin** – May assist with acne, rashes, and skin irritations.

## For Immune & Digestive Health:

- **Boosts Immune Function** – Supports the body's natural defenses against infections.
- **Gentle on Digestion** – Helps ease bloating, cramping, and mild digestive discomfort.
- **Lymphatic System Support** – Encourages detoxification by promoting healthy lymphatic drainage.

## For Children:

- **Soothes Skin Irritations** – Safe and effective for diaper rash, cradle cap, and minor scrapes.
- **Gentle Immune Support** – Helps little bodies fight off infections naturally.
- **Supports Gut Health** – Helps ease occasional tummy troubles and digestive discomfort.
- **Safe & Mild** – A gentle, nourishing herb suitable for all ages.

## Dosing Instructions:

- **Children (1-3 years):** 5-10 drops, up to 3 times daily.
- **Children (4-12 years):** 10-20 drops, up to 3 times daily.
- **Teens & Adults:** 30 drops (1 dropper), up to 3 times daily.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

- Organic Calendula, Distilled Water + Coconut Glycerin
- Hand made. Hand poured.
  - Shelf Life - 1 year

**2 Ounce Dropper**

*Children +  
Tinctures*

Please consult a pediatric herbalist before administering tinctures to children. Not all herbs are safe for children, and we always suggest doing your research, exercising caution, and speaking with a health professional.



# CATNIP GLYCERIN TINCTURE



## For Calm & Sleep:

- Promotes Relaxation – Helps ease nervous tension, restlessness, and overstimulation.
- Encourages Restful Sleep – Supports deep, uninterrupted sleep without grogginess.
- Soothes Irritability – Great for fussy babies, anxious children, and overstimulated adults.

## For Digestion & Immune Health:

- Eases Tummy Troubles – Helps relieve gas, bloating, indigestion, and colic.
- Supports a Healthy Immune Response – Traditionally used to help the body fight off colds and fevers.
- Mild Antispasmodic – Helps relax muscles, easing cramps and digestive discomfort.

## For Children:

- Gentle & Safe Calming Support – Helps little ones settle down and relax.
- Soothes Infant Colic & Digestive Issues – A time-tested remedy for gassy or fussy babies.
- Supports Sleep & Relaxation – Ideal for bedtime or during stressful transitions.
- Naturally Mild & Sweet – Well-tolerated by children of all ages.

## Dosing Instructions:

- Infants (6-12 months): 2-5 drops, up to 3 times daily.
- Children (1-3 years): 5-10 drops, up to 3 times daily.
- Children (4-12 years): 10-20 drops, up to 3 times daily.
- Teens & Adults: 30 drops (1 dropper), up to 3 times daily.
- For Sleep Support: Take 30 minutes before bedtime.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

Organic Catnip, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - 1 year

**2 Ounce Dropper**

*Children +  
Tinctures*

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# CHAMOMILE GLYCERIN TINCTURE



## Key Benefits:

- **Promotes Relaxation & Sleep** – Naturally calms the nervous system to help with restlessness and occasional sleeplessness.
- **Eases Digestive Discomfort** – Soothes upset stomachs, gas, and colic.
- **Supports a Healthy Mood** – Helps reduce irritability and occasional stress in children.

## Dosing Instructions:

- Infants (6-12 months): 2-5 drops, up to 3 times daily.
- Children (1-3 years): 5-10 drops, up to 3 times daily.
- Children (4-12 years): 10-20 drops, up to 3 times daily.
- Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

Organic Chamomile, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - 1 year

**2 Ounce Dropper**

*Children +  
Tinctures*

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# ECHINACEA GLYCERIN TINCTURE



## Key Benefits:

- **Boosts Immune Function** – Helps support the body's natural defenses, especially during cold and flu season.
- **Shortens Duration of Illness** – Traditionally used to reduce the severity and length of colds and infections.
- **Supports Respiratory Health** – Helps soothe the throat and promote clear airways.

## Dosing Instructions:

- Infants (6-12 months): 2-5 drops, up to 3 times daily.
- Children (1-3 years): 5-10 drops, up to 3 times daily.
- Children (4-12 years): 10-20 drops, up to 3 times daily.
- Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

Organic Echinacea, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - 1 year

**2 Ounce Dropper**

*Children +  
Tinctures*

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# ELDERBERRY GLYCERIN TINCTURE



## Key Benefits:

- **Boosts Immune Function** – Helps strengthen the body's natural defenses, especially during cold and flu season.
- **Rich in Antioxidants & Vitamins** – High in vitamin C and flavonoids to support overall health.
- **Shortens Duration of Colds & Flu** – Traditionally used to reduce symptoms and recovery time.
- **Alcohol-Free & Gentle** – Made with a kid-friendly glycerin base for safe and effective use.
- **Easy & Great-Tasting** – Can be taken directly or mixed into water or juice.

## Dosing Instructions:

- Infants (6-12 months): 2-5 drops, up to 3 times daily.
- Children (1-3 years): 5-10 drops, up to 3 times daily.
- Children (4-12 years): 10-20 drops, up to 3 times daily.
- Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

Organic Elderberry, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - 1 year

2 Ounce Dropper

*Children +  
Tinctures*

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# FENNEL GLYCERIN TINCTURE



## Key Benefits:

- Supports Healthy Digestion – Helps relieve gas, bloating, and occasional indigestion.
- Soothes Colic & Tummy Discomfort – Traditionally used to calm upset stomachs in infants and children.
- Promotes Respiratory Health – Naturally supports clear airways and easier breathing.

## Dosing Instructions:

- Infants (6-12 months): 2-5 drops, up to 3 times daily.
- Children (1-3 years): 5-10 drops, up to 3 times daily.
- Children (4-12 years): 10-20 drops, up to 3 times daily.
- Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

Organic Fennel, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - 1 year

2 Ounce Dropper

*Children +  
Tinctures*

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# HOLY BASIL (TULSI) TINCTURE



## Potential Health Benefits:

- May fight skin infections
  - May help heal acne
- May protect against diabetes
- May balance stress hormones
  - May relieve fever
- May help improve respiratory disorders
  - May relieve headaches/migraines
  - May support eye health

## Age - Dosage:

Younger than 1 year: Do not use.

1 year to 11 years: 5 to 10 drops, taken 2 to 3 times per day.

12 years to 17 years: 10 to 20 drops, taken 2 to 3 times per day.

18 years and older: 20 to 40 drops, taken 2 to 3 times per day.

## Ingredients:

Organic Holy Basil + 80 proof Vodka

- Hand made. Hand poured.
- Shelf Life - 10 years

2 Ounce Dropper

*Safety  
Warning!*

Holy basil tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Some sources suggest that Holy Basil may have uterine-stimulating effects and could potentially lead to complications during pregnancy.



# LEMON BALM GLYCERIN TINCTURE



## For Calm & Sleep:

- Promotes Relaxation & Emotional Balance – Helps ease stress, anxious feelings, and nervous tension.
- Supports Restful Sleep – Encourages deep, restorative sleep without grogginess.
- Gentle Mood Support – Traditionally used to uplift the spirit and promote a sense of well-being.

## For Digestion & Immune Health:

- Soothes Digestive Discomfort – Helps ease bloating, gas, nausea, and mild stomach cramps.
- Supports a Healthy Immune Response – Traditionally used to help fight off colds and viral infections.
- Antiviral & Antimicrobial Properties – Supports the body's natural defenses.

## For Children:

- Safe & Gentle Calming Support – Helps with restlessness, hyperactivity, and occasional mood swings.
- Soothes Tummy Troubles – Aids in digestion and relieves mild nausea.
- Supports Immune Function – Traditionally used to help little ones fight off seasonal bugs.
- Naturally Mild & Sweet – Well-tolerated by children of all ages.

## Dosing Instructions:

- Children (1-3 years): 5-10 drops, up to 3 times daily.
- Children (4-12 years): 10-20 drops, up to 3 times daily.
- Teens & Adults: 30 drops (1 dropper), up to 3 times daily.
- For Sleep Support: Take 30 minutes before bedtime.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

Organic Lemon Balm, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - 1 year

2 Ounce Dropper

*Children +  
Tinctures*

Please consult a pediatric herbalist before administering tinctures to children. Not all herbs are safe for children, and we always suggest doing your research, exercising caution, and speaking with a health professional.





# LICORICE ROOT TINCTURE



## Potential Health Benefits:

- May help fight EBV, HHV-6, CMV
  - May help treat Hepatitis C
- May help shorten the duration of shingles
- May help suppress various autoimmune conditions
  - May treat upper respiratory conditions
- May help push pathogens out of the body and stop them from procreation
  - May have anti-c\*ncer effects
- May help those with low blood pressure
  - May be an adrenal restorative
- May help with digestive problems
  - May help with peptic ulcers
- May help with menopausal symptoms
  - May help clear up a cough
- May help kill bacterial infections
  - May help kill viral infections
- May help enhance liver health
- May help relieve arthritis pain

## Age - Dosage:

Younger than 2 years: Do not use.

2 to 6 years: 3 to 5 drops, up to 1 time per day.

7 to 13 years: 10 to 15 drops, up to 1 time per day.

14 years to 17 years: 15 to 20 drops, taken up to 2 times per day.

18 years and older: 20 to 30 drops, taken up to 2 times per day.

## Ingredients:

Organic Licorice Root + 80 proof Vodka

- Hand made. Hand poured.
- Shelf Life - 10 years

2 Ounce Dropper

## Safety Warning!

Pregnant and breastfeeding women should not use Licorice Root. Chronic use and large doses of licorice root can cause severe fluid and electrolyte imbalances. Licorice root has been shown to interact with blood pressure medications, blood thinners, cholesterol lowering medications, including statins, diuretics, estrogen-based contraceptives, non-steroidal anti-inflammatory drugs (NSAIDs). People taking any of these medications should avoid licorice root products unless their healthcare provider instructs otherwise.

\* DO NOT exceed 6 weeks of ongoing use



# MARSHMALLOW ROOT TINCTURE



## Potential Health Benefits:

- May loosen mucus
- May inhibit bacteria growth
  - May treat colds + flu
- May act as a pain reliever
- May help with gastric ulcers

## Age - Dosage:

Younger than 6 months: Do not use.

6 months to 1 year: 2 to 3 drops, up to 1 time per day.

2 to 6 years: 5 to 10 drops, up to 2 times per day.

7 to 17 years: 10 to 20 drops, taken 2 to 3 times per day.

18 years and older: 20 to 40 drops, taken 2 to 3 times per day.

## Ingredients:

Organic Marshmallow Root + 80 proof Vodka

- Hand made. Hand poured.
- Shelf Life - 10 years

2 Ounce Dropper

*Safety  
Warning!*

Marshmallow root tincture is not considered safe for women who are pregnant, breastfeeding, or children under 6 months.



# MULLEIN GLYCERIN TINCTURE



## For Respiratory Health:

- Supports Lung & Bronchial Health – Helps clear mucus and promote deep, easy breathing.
- Soothes Coughs & Throat Irritation – Eases dry, scratchy throats and persistent coughs.
- Reduces Inflammation – Traditionally used to calm irritated airways and reduce congestion.

## For Children:

- Gentle Lung Support – Helps little ones breathe easier during colds or seasonal changes.
- Eases Mucus Buildup – Aids in clearing congestion naturally.
- Supports Immune Function – Helps the body fight off respiratory infections.
- Safe & Mild – Gentle enough for children with sensitive systems.

## Dosing Instructions:

- Children (1-3 years): 5-10 drops, up to 3 times daily.
- Children (4-12 years): 10-20 drops, up to 3 times daily.
- Teens & Adults: 30 drops (1 dropper), up to 3 times daily.
- For Acute Respiratory Support: Take every 3-4 hours as needed.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

Organic Mullein, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - 1 year

2 Ounce Dropper

*Children +  
Tinctures*

Please consult a pediatric herbalist before administering tinctures to children. Not all herbs are safe for children, and we always suggest doing your research, exercising caution, and speaking with a health professional.



# PASSION FLOWER TINCTURE



## Potential Health Benefits:

- May promote calm and relaxation
  - May help with extreme anxiety
  - May help relieve sleep issues
    - May relieve indigestion
- May relieve pain from fibromyalgia and muscle cramps
  - May relieve diarrhea
- May relieve symptoms related to narcotic drug withdrawal

## Age - Dosage:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 2 drops per year of age, up to a maximum of 10 drops, taken up to 3 times per day.

12 years to 17 years: 10 to 30 drops, taken up to 3 times per day.

18 years and older: 30 to 60 drops, taken up to 3 times per day.

## Ingredients:

Organic Passion Flower + 80 proof Vodka

- Hand made. Hand poured.
- Shelf Life - 10 years

2 Ounce Dropper

*Safety  
Warning!*

Passion flower tincture is not considered safe for women who are pregnant, breastfeeding, or children under one.



# PEPPERMINT TINCTURE



## Potential Health Benefits:

- May ease digestive upset
- May help with migraine relief
- May relieve clogged sinuses
  - May improve energy
- May relieve menstrual cramps
- May fight bacterial infections
- May promote concentration
- May help with seasonal allergies

## Age - Dosage:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 5 drops, taken up to 3 times per day.

12 years to 17 years: 5 to 10 drops, taken up to 3 times per day.

18 years and older: 10 to 30 drops, taken up to 3 times per day.

## Ingredients:

Organic Peppermint + 80 proof Vodka

- Hand made. Hand poured.
- Shelf Life - 10 years

2 Ounce Dropper

*Safety  
Warning!*

Peppermint tincture is not considered safe for children under one. For pregnant or breastfeeding women: Peppermint tincture is generally considered safe during pregnancy and breastfeeding in small doses, but it is important to consult with a healthcare professional before use.





# RED RASPBERRY LEAF GLYCERIN TINCTURE



## For Women & Pregnancy:

- **Supports Women's Health** – Traditionally used to tone and strengthen the uterus, making it a popular choice for pregnancy and menstrual health.
- **Eases Menstrual Discomfort** – Helps reduce cramping and supports a balanced cycle.
- **Nourishes & Strengthens** – Rich in vitamins and minerals like iron, calcium, and magnesium for overall wellness.

## For Children:

- **Supports Digestion** – Helps soothe upset stomachs, mild nausea, and digestive discomfort.
- **Rich in Nutrients** – Provides essential vitamins and minerals to support growth and overall health.
- **Strengthens the Immune System** – Helps the body fight off infections and supports respiratory health.
- **Gentle & Safe** – A naturally mild herb that is well-tolerated by children.

## Dosing Instructions:

- **Children (1-3 years):** 5-10 drops, up to 3 times daily.
- **Children (4-12 years):** 10-20 drops, up to 3 times daily.
- **Teens & Adults:** 30 drops (1 dropper), up to 3 times daily.
- **Pregnant Women:** Consult your midwife or healthcare provider for personalized dosing.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

Organic Red Raspberry Leaf, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - 1 year

**2 Ounce Dropper**

*Children +  
Tinctures*

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# SKULLCAP GLYCERIN TINCTURE



## Key Benefits:

- Calms the Nervous System – Traditionally used to ease nervousness, restlessness, and occasional anxiety.
- Supports Relaxation & Sleep – Helps promote restful sleep and a sense of ease, especially in times of stress.
- Soothes Muscle Tension – May help with occasional muscle tightness and discomfort.

## Dosing Instructions:

- Infants (6-12 months): 2-5 drops, up to 3 times daily.
- Children (1-3 years): 5-10 drops, up to 3 times daily.
- Children (4-12 years): 10-20 drops, up to 3 times daily.
- Children 12+ and Adults: 30 drops (1 dropper), up to 3 times daily.

Can be taken directly under the tongue or diluted in water, juice, or herbal tea. Shake well before use.

## Ingredients:

Organic Skullcap, Distilled Water + Coconut Glycerin

- Hand made. Hand poured.
- Shelf Life - 1 year

2 Ounce Dropper

*Children +  
Tinctures*

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# THYME TINCTURE



## Potential Health Benefits:

- May help with sore throats
- May lower blood pressure and cholesterol levels
  - May help with food poisoning
  - May help with Indigestion
  - May help with bronchitis
- May help with throat infections
- May help with respiratory Infections
- May support the immune system
  - May relieve arthritis

## Age - Dosage:

Younger than 1 year: Do not use.

1 year to 11 years: 1 to 5 drops, taken 1 to 3 times per day.

12 years to 17 years: 5 to 10 drops, taken 1 to 3 times per day.

18 years and older: 10 to 20 drops, taken 1 to 3 times per day.

## Ingredients:

Organic Thyme + 80 proof Vodka

- Hand made. Hand poured.
- Shelf Life - 10 years

2 Ounce Dropper

*Safety  
Warning!*

Thyme tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Thyme contains thymol, which has been shown to have uterine-stimulating properties that may increase the risk of miscarriage.



# YARROW FLOWER TINCTURE



## Potential Health Benefits:

- May offer relief from cough, cold, or flu
  - May aids in healthy digestion
  - May stop heartburn
- May be taken daily as an immune boost

## Age - Dosage:

Younger than 1 year: Do not use.

1 year to 11 years: 1 drop per 4 pounds of body weight, up to a maximum of 15 drops per dose, taken up to 3 times per day.

12 years to 17 years: 15 to 30 drops, taken up to 3 times per day.

18 years and older: 30 to 60 drops, taken up to 3 times per day.

## Ingredients:

Organic Yarrow + 80 proof Vodka

- Hand made. Hand poured.
- Shelf Life - 10+ years


2 Ounce Dropper


*Safety  
Warning!*

Yarrow flower tincture is not considered safe for women who are pregnant, breastfeeding, or children under one. Additionally, pregnant and breastfeeding women should avoid using yarrow because it may stimulate menstruation and cause miscarriage or premature birth. Yarrow contains small amounts of thujone, a compound that can be toxic to the nervous system and can cause seizures when taken in large amounts.







 *Psalm 1:3*  
*"He shall be like a tree planted  
by the rivers of water, that  
brings forth its fruit in its season,  
whose leaf also shall not wither;  
And whatever he does shall  
prosper."*