

TINCTURE DOSAGES

An alcohol tincture is taken 12 to 20 drops in a little bit of water. It is usually advisable to take tinctures along with a meal. The nutrients are more likely to be absorbed that way. With something in your stomach, the tincture will be less likely to cause an upset tummy. Depending on the severity of the problem, tinctures should be taken 2 to 5 times a day.

Tinctures are administered in drops, and at least half of those few drops are just water if you used vodka to make the tincture. The alcohol consumed when taking an herbal remedy is negligible. It is far less than that contained in over the counter remedies such as cold and cough remedies, even those for children. In fact, you will be consuming less alcohol taking herbal remedies than you consume when adding vanilla to your favorite frosting recipe.

Alcohol dissipates very rapidly with heat. Since you will be adding the tincture to a couple of tablespoons of water to take it anyway, just make sure the water is very hot when you put the tincture into it. The alcohol will dissipate instantly. You will have completely eliminated the alcohol with this simple step.

