



ELDERBERRY IMMUNE SUPPORT TINCTURE



INGREDIENTS

4 ounce fresh washed Elderberries

or 6 oz dried

1 sprig of fresh Rosemary

½ ounce Sage Leaves

16-ounce glass Mason Jar

6 ounce Organic Alcohol

I used cane

6 ounce Distilled Water

Amber or dark-colored Dropper

Bottles

for finished tincture (optional)

PREPARATION

- 1** Mix Organic Alcohol and Distilled Water and stir well
- 2** Fill a Mason Jar with Elderberries and herbs (Rosemary & Sage Leaves)
- 3** Pour Organic Alcohol & Distilled Water dilution and fill to the top of the Mason Jar
- 4** Put a lid on your Mason Jar and give it a good shake
- 5** Place in a cool, dark spot for at least 4 weeks
- 6** Once extracted, strain solids out of the mixture
- 7** Pour the finished tincture into a dark-colored dropper bottle

The finished tincture will store in a cool place out of direct sunlight for at least 1 year. The average dose will vary, but I take about ½ teaspoon a day during the cold season. As with all herbal remedies, use with caution.