

# All around favorites

Tinctures

Garlic

Aloe

Rue

Veterinarian herbs

Herbs for the heart, herbs for old people



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# Tinctures

- An extract of an herbs medicinal properties
- Using alcohol ( we use glycerin (glycerol))
- More potent than a water or honey or vinegar extraction
- Keeps a long time (1-2 years)
- A ratio of at least 1:4 herb:menstruum

# Maceration - What is it?

- Simply soaking the soluble constituents by soaking them in a solvent

## Percolation – differs how?

- A fresh stream of solvent passes by the herb continually extracting more and more active ingredient
- You can make a tincture a lot quicker – 24 hours
- Pressing or removing the marc is not needed
- Equipment is more expensive
- Can't do gummy or mucilaginous herbs
- It is more complicated – we won't do it in lab

# Alcohol tinctures

- We don't use at NWTC – dry campus
- Not usually liked by children or adults
- Alcohol both extracts the compounds and preserves them
  
- Proof:
  - 190 proof vodka is 95% alcohol
  - 80 proof vodka is 40% alcohol
  - Green recommends at least 40% alcohol
  - Do not use ethyl alcohol or wood alcohol – these are poisonous

# Glycerin or glycerol (same thing)

- Also extracts and preserves active ingredients from herbs
- Sweet. Good for kids
- Often called glycerides not tinctures
- This is really a fat with an  $-OH$  group (branch) on the molecule, thus it is in the alcohol family, but it is not an alcohol
- The fat can be from vegetables (soy or palm)
- Or from animal fats
- Slippery – but can be an irritant



# Tincturing by maceration

- Simply place the herb – garlic
- In the menstruum – ~~alcohol~~ or glycerin
- Use 1:4 ratio
- Use dry or fresh (most herbalists use fresh herbs)
- Shake – wait 2-4 weeks
- Green reviews the measurements extensively on page 147
- Do a jarful at one time, decant, strain into dropper bottles
- Or, make right in the bottles

# Cost of tinctures

- At Walmart \$12.00 for six ounces, or \$2.00/ounce
- Garlic –organic, 2-4 large cloves, about \$1.00
- Bottle - \$1.50
- \$4.50 total in materials
- Costs about double that to buy in the store



# How to use tinctures

- For strong medicines – garlic, echinacea
- Take 10-20 drops (one dropperful) 2x day
- Under the tongue or in juice
  
- For tonic (milder) herbs – dandelion, nettle, hawthorn
- Take up to 5 droppersful, in water 2-3x day

# Why garlic?

- Great antibiotic properties
- Seems to be very effective
- Great in cattle – drench or in vulva
- Great in humans – under the tongue

## Allicin

- The main active ingredient of garlic is the **sulfur compound allicin**, produced by crushing or chewing fresh garlic, which in turn produces other **sulfur compounds**.
- **Wait a few minutes to use after cutting or crushing**

# Aloe

- Building blocks for the immune system
- Be sure to get great quality aloe, not the cheapest you can find
- Makes a great drench, or base material, for cattle