

APOTHEKARY™  
Nature is Medicine™

# Signature *Formula* Guide



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# Meet Apothékary™.

## Where Nature *is* Medicine™.



Apothékary started with our founder, Shizu Okusa, and her family's traditional Japanese approach to healing—using nature as medicine instead of over-the-counter fixes. In many Eastern cultures, traditional medicine in the form of plants and herbs has been used for centuries to address the root cause of common ailments. That's exactly what we strive to do here at Apothékary—we're here to not just treat the symptom, but get to the root cause of your health issues.

The demands of our modern life disconnect us from our inherent state of being. At times, we can forget what it feels like to live in harmony with the natural world. Ancient healing traditions take cues from nature to holistically support our mind, body, and spirit. With daily practice, we're reminded of what harmony feels like and we wonder how we ever lived without it.

Apothékary is on a mission to give ancient, plant-based healing traditions new life—so that you can live a more balanced one. All of our Signature Formulas are thoughtfully formulated by our in-house Clinical Herbalists, pulling from traditional medicine modalities like Japanese Kampo, Traditional Chinese Medicine, Ayurveda, and American herbalism. The result is simple yet effective herbal remedies backed by both tradition and modern science.

Each formula contains herbs from local and global farmers with ingredients that are non-GMO, gluten-free, and contain no added sugar, fillers, or additives. In essence, they're nature's best remedies—plain and simple. And the best part is, they actually work to address the root cause instead of masking the symptoms.

Come with us and reembarc on your journey back to balance with Apothékary.

# Signature Formula Tips

## *From our Clinical Herbalists*

### **Q: How much should I take?**

A: We recommend a serving size of 1 tsp, or about 2 scoops using your Gold Daily Remedy Spoon. If you're brand new to herbs, go slow. Cut the serving size in half, and pay attention to how you feel for the first few days. If you feel good and would like to increase the effects, work your way up to the full serving size.

### **Q: How often should I take my herbal formulas?**

For the first few days, use one formula, once a day. If you seem to be adapting well, go ahead and introduce a second formula. You can work your way up to taking any formula you'd like, up to three times per day.

### **Q: When should I take my herbal formulas?**

Each herbal formula is different. While certain formulas are recommended for daytime use like Slay All Day™, some can be taken to beat the afternoon slump like Mind Over Matter™, and others can be taken before bed to ease you into a relaxation like Do Not Disturb™. Be sure to read the packaging on your product for the best times to take your herbal formula.

### **Q: How do I make my herbal formulas dissolve better?**

A: Because of the raw, whole composition of our formulas, you'll notice they don't fully dissolve into your liquid of choice. This is normal because herbs aren't water soluble—and

that's intentional. Unlike other commercial herb or protein powders, there are a ton of added fillers and synthetic ingredients that make them "instantly dissolve". But don't sweat it. Here are a few tips to help:

- Add the herbal formula to your mug first, before the liquid.
- Add 1 oz of a warm liquid as it helps prevent clumping and improves dissolvability.
- Your Formula Frother will be your best friend. Use it, and use it often! It's the easiest and most effective way to incorporate the formulas into your drink of choice.
- When possible, use a healthy fat (e.g.: nut milk, coconut oil, etc.) as it helps bind to the herbs and creates a frothy texture.

### **Q: Where can I find delicious recipes for my herbal formulas?**

Keep flipping for a few of our favorites, and find more inspiration via the QR code on the back. Enjoy!



# Skin Health



## FIRM BELIEVER™

For boosting natural collagen production



## YOU DEW YOU®

For a complexion-soothing herbal remedy



## MANE CHARACTER™

For hair, skin, and nail support

# Stress & Sleep



## CHILL THE F\* OUT™

For a chocolate-forward herbal chill pill



## DO NOT DISTURB™

For a good night's sleep

# Alcohol Alternatives



## STOP YOUR WINE-ING®

For a nutrient-rich red wine alternative for stress



## TAKE THE EDGE OFF™

For a refreshing white wine alternative to calm the nerves

# Immunity



## RELEAF™

For boosting long-term immunity



## Cognition & Energy



### BLUE ME AWAY™

For caffeine-free energy and clarity



### MIND OVER MATTER™

For sustained focus without the caffeine, powered by mushrooms



### SLAY ALL DAY™

For a mood boosting energy lift, formulated with matcha and adaptogens

## Digestive Health



### CLEAN SWEEP™

For digestion and elimination support



### SOOTHE OPERATOR™

For healthy bowels and gut flora support



### CLAIM TO FLAME™

For turmeric-based inflammatory support

## Hormone Support



### SEAL THE DEAL™

For hormone and energy support



### ROSE COLORED GLASSES™

For mood-boosting hormone support



# Firm Believer™

## BENEFITS

- Silica-rich horsetail boosts the body's natural collagen production
- Schisandra berry delivers antioxidants to fight free radical damage
- Sea buckthorn contains skin-nourishing omega-7 fatty acids

## TAKE IF YOU NEED...

- ✓ A vegan collagen booster
- ✓ Skin hydration and elasticity support
- ✓ Inflammatory support

## WHEN TO TAKE

Anytime, up to one serving per day

## FLAVOR PROFILE

A citrusy berry, with some bitter and green earthiness

## PAIRINGS

You Dew You®, Do Not Disturb™

## COMBINE WITH

Sparkling water, a fruit smoothie, honey, or yogurt



BEFORE



AFTER



With Firm Believer™, the “bounce” is back in my skin. This gives me better results than even the most expensive collagen powders I’ve tried. – Rebecca

Learn more



A

# You Dew You<sup>®</sup>

## BENEFITS

- Hibiscus flower provides skin-nourishing and protective antioxidants
- Chaga and cordyceps mushrooms help skin bounce back from environmental pressures
- Burdock root helps improve skin texture

## TAKE IF YOU NEED...

- ✓ A natural remedy for skin issues
- ✓ Antioxidants and nutrition
- ✓ A balanced, calmer complexion

## WHEN TO TAKE

Daytime, up to two servings per day

## FLAVOR PROFILE

Floral & earthy with citrus notes

## PAIRINGS

Clean Sweep<sup>™</sup>, Seal the Deal<sup>™</sup>, Firm Believer<sup>™</sup>

## COMBINE WITH

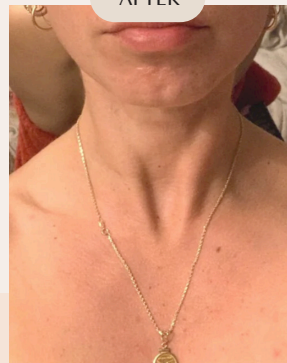
Fruit smoothie or sparkling water



BEFORE



AFTER



“ I noticed a huge difference about half way through my first bottle and cut back to once per day. I am now almost done with my second bottle and my skin looks beautiful. - Lindsey

Learn more



A

# Mane Character™

## BENEFITS

- Silica-rich horsetail helps grow hair, skin, and nails
- Tocosis is a good source of skin-nourishing vitamin E
- Moringa leaves supply high amounts of nutrients

## TAKE IF YOU NEED...

- ✓ Long-term skin, hair, and nail support
- ✓ Stronger connective tissues throughout the body
- ✓ Antioxidants to fend off free radical damage

## WHEN TO TAKE

Anytime of day, up to three servings per day

## FLAVOR PROFILE

Creamy vanilla with notes of green tea

## PAIRINGS

Slay All Day™, Firm Believer™

## COMBINE WITH

Warm plant milk, water



“ I’m a female in my 40’s and starting notice more fall out in my hair. This product is life changing for sure! My hair feels amazing! - Barbara

“ Definitely buying it again it does wonders. Love it. - Adriana

Learn more





# Chill the F\* Out™

## BENEFITS

- Adaptogens reishi and ashwagandha ease feelings of stress and worry while promoting emotional resiliency
- Antioxidant-rich cacao boosts the mood and improves immunity
- Adaptogens relax the mind and promote mental clarity

## TAKE IF YOU NEED...

- ✓ You want feelings of stress and worry to melt away

## WHEN TO TAKE

Anytime, up to two servings per day

## FLAVOR PROFILE

Earthy and chocolately with a touch of peppermint

## PAIRINGS

Seal the Deal™, Mind Over Matter™

## COMBINE WITH

Warm milk or water



**77%** of participants reported reduced stress levels with Chill the F\* Out™



**85%** found an improvement in their feelings of worry and stress



**85%** said they liked the taste of Chill the F\* Out™

“ This product really helps me unwind at the end of the day. Sometimes I have difficulty switching from work mode to home mode. Chill the F\* Out™ lets me unwind in a healthy and delicious way. – Kim

Learn more



# Do Not Disturb™

## BENEFITS

- Holy basil and rose lower feelings of stress and promote sound sleep
- Mucuna has a feel-good hormone, L-dopa, for relaxing rest
- Lucuma is a fruit that helps boost mood

## TAKE IF YOU NEED...

- ✓ Something to help hush racing thoughts at bedtime
- ✓ A tonic for winding down and relaxing in the evening

## WHEN TO TAKE

One hour before bedtime, up to one serving per day

## FLAVOR PROFILE

Earthy, rose, and slightly sweet with a hint of spice

## PAIRINGS

Chill the F\* Out™

## COMBINE WITH

Warm milk or water



**95%** of participants felt their sleep improved since they started taking Do Not Disturb™



**94%** noticed an improvement in their ability to initially get to sleep faster



**89%** found an improvement in the ability to stay asleep longer without waking



I thought it might improve my insomnia but I didn't expect a complete change. No longer am I up for hours after bedtime, I can relax for about an hour and then I am ready to head to bed. - Tiffany

Learn more



# Stop Your Wine-ing®

## BENEFITS

- Aronia berry and acai provide heart-healthy polyphenols and antioxidants
- Adaptogen motherwort eases feelings of stress and worry
- Herbal ingredients support a calm, relaxed mood

## TAKE IF YOU NEED...

- ✓ A red wine-alternative without alcohol
- ✓ Stress and relaxation support
- ✓ Antioxidants and health benefits

## WHEN TO TAKE

Late afternoon or evening, up to two servings per day

## FLAVOR PROFILE

Tart, rich berries (inspired by red wine)

## PAIRINGS

Do Not Disturb™, Take the Edge Off™, Releaf™

## COMBINE WITH

Sparkling water, red fruit juice (cranberry, tart cherry), warm milk



**86%** found themselves consuming less alcohol



**88%** experienced no negative side effects



**88%** thought Stop Your Wine-ing® was an effective replacement for alcohol

“

I love the ritual involved in a nightly glass of wine and Stop Your Wine-ing® has been a nice alternative. Plus I feel much better in the morning after using this option. I like how it can be prepared in different ways depending on my mood. - Yvonne

Learn more



# Take The Edge Off™

## BENEFITS

- Skullcap and linden quells tension throughout the body
- Passionflower eases feelings of restlessness
- Oatstraw nourishes a taxed nervous system

## TAKE IF YOU NEED...

- ☑ A white wine alternative without alcohol
- ☑ Short term support with head and body tension
- ☑ A refreshing tonic for stress support

## WHEN TO TAKE

Anytime, up to three servings per day

## FLAVOR PROFILE

Sweet, herbaceous, stone fruits and lemon peel

## PAIRINGS

Rose Colored Glasses™, Stop Your Wine-ing®, and Do Not Disturb™

## COMBINE WITH

Citrus juice, pear or stone fruit juice, and sparkling water



“ This tincture is fantastic! As a working mama, having a glass of sparkling water with a dropper full of this tincture in the evenings melts the stress from the workday and allows me a more calm and focused evening with my littles. I also love that it's sugar free and full of natural goodness for my body. - *Jennifer*

“ This really works! I use it during the day at work to help manage my anxiety and stress. In the evening I use it with Stop Your Wine-ing™ and am able to fall asleep quickly and stay asleep through the night. I have extras on hand so that I never run out. - *Libby*

Learn more



# Releaf™

## BENEFITS

- Elderberry promotes healthy immunity
- Beetroot and schisandra berry deliver antioxidants
- Ginger and clove support metabolic wellbeing

## TAKE IF YOU NEED...

- ✓ Long-term immune support
- ✓ A powerful digestive and elimination aid
- ✓ Stress support

## WHEN TO TAKE

Anytime, up to three servings per day

## FLAVOR PROFILE

Tart berries & warming spice

## PAIRINGS

Claim To Flame™, Stop Your Wine-ing™

## COMBINE WITH

Warm milk or water, a smoothie, or honey



**83%** of participants found less digestive issues after taking Releaf™



**82%** found that their post-meal bloating had improved since taking Releaf™



**91%** would consider swapping what they were previously taking to help manage their digestive issues for Releaf™

“ I really enjoy Releaf™! It tastes great and has helped calm and normalize my digestion. I feel less bloated and more regular. Releaf is definitely staying as a normal part of my wellness routine. - Gina

Learn more



# Blue Me Away™

## BENEFITS

- Blue butterfly pea flower provides caffeine-free energy and mental clarity
- Adaptogen Siberian ginseng eases feelings of stress and worry
- Chlorella is rich in nutrients and supports detoxification

## TAKE IF YOU NEED...

- ☑ A caffeine-free coffee alternative
- ☑ Support for chronic fatigue
- ☑ Relief from afternoon brain fog and lethargy

## WHEN TO TAKE

Daytime, up to two servings per day

## FLAVOR PROFILE

Nutty, earthy, slightly sweet

## PAIRINGS

Mind Over Matter™, Seal the Deal™, Slay All Day™

## COMBINE WITH

Warm or cold milk, smoothie, or coffee



**84%** of participants experienced less brain fog when they took Blue Me Away™



**83%** liked Blue Me Away™ as an alternative for their regular caffeinated beverage



**71%** reported feeling more energetic than when they consumed their regular caffeinated beverages



It helps me with the “afternoon slump” so I don’t have to have my afternoon coffee. Without the afternoon coffee, I find I am getting a better night’s sleep. - *Daniel*

Learn more



# Mind Over Matter™

## BENEFITS

- Adaptogens reishi, lion's mane, and chaga improve mental cognition
- Adaptogens lower feelings of stress
- Mushrooms support immunity

## TAKE IF YOU NEED...

- ✓ A caffeine-free energy tonic
- ✓ Brain and cognition support
- ✓ A mental boost to beat brain fog and lethargy

## WHEN TO TAKE

Daytime, up to two servings per day

## FLAVOR PROFILE

Earthy and slightly bitter

## PAIRINGS

Chill the F\* Out™, Seal The Deal™

## COMBINE WITH

Warm milk, chai tea, or coffee



**94%** of participants reported feeling more energized and focused when they took Mind Over Matter™



**95%** experienced less brain fog with Mind Over Matter™



**75%** noticed their lethargy went away faster with Mind Over Matter™

“After making an informed decision to reduce my coffee consumption for health reasons, I switched to Mind Over Matter™ for my afternoon pick me up. I enjoy the taste and it gives me the energy boost I need without the crash. - Leigh

Learn more



# Slay All Day™

## BENEFITS

- Matcha green tea delivers antioxidants and sustained energy without the crash
- Adaptogen Siberian ginseng eases feelings of stress and worry
- Chlorella promotes detoxification

## TAKE IF YOU NEED...

- ✓ Long-lasting energy alternative to coffee
- ✓ A remedy for afternoon brain fog
- ✓ Stress support

## WHEN TO TAKE

Morning or early afternoon, up to two servings per day

## FLAVOR PROFILE

Matcha, greens, slightly sweet, and nutty

## PAIRINGS

Mind Over Matter™, Blue Me Away™

## COMBINE WITH

Warm or cold milk, hot water, or morning protein shake



**88%** thought Slay All Day™ was an effective alternative to their regular caffeinated beverage



**70%** no longer experienced brain fog with Slay All Day™



**73%** felt they were more energetic when taking Slay All Day™



I've loved the focus, clarity, ability to stay on task without the afternoon brain fog and coffee jitters!  
- Sharon

Learn more





# Clean Sweep™

## BENEFITS

- Dandelion and burdock roots support detoxification
- Nettle leaf supplies immune-boosting vitamin C
- Chlorella helps remove heavy metals from the body

## TAKE IF YOU NEED...

- ☑ Digestion and elimination support
- ☑ A total body reset or fresh
- ☑ Immune support

## WHEN TO TAKE

Anytime, up to two servings per day

## FLAVOR PROFILE

A bitter greens taste similar to green tea

## PAIRINGS

Slay All Day™, You Dew You®

## COMBINE WITH

Warm milk with a touch of maple syrup, or water



**86%** of participants found digestive relief after taking Clean Sweep™



**87%** found when they took Clean Sweep™ before a meal, they had less digestive issues after



**81%** would consider switching what they were previously taking to manage their digestion issues for Clean Sweep™



I've taken other detox teas in the past and all have caused cramping and this product didn't at all. Clean Sweep™ is both gentle and effective. - *Jaelyn*

Learn more



# Soothe Operator™

## BENEFITS

- Marshmallow root helps protect the gut lining
- Burdock root supports healthy gut flora
- Blue butterfly pea flower promotes a healthy inflammatory response

## TAKE IF YOU NEED...

- ☑ Support restoring health gut flora
- ☑ A remedy to nourish the gut lining
- ☑ Long-term gut support

## WHEN TO TAKE

Anytime, up to one serving per day

## FLAVOR PROFILE

Earthy, mild, and slightly nutty

## PAIRINGS

Clean Sweep™, Releaf™, Firm Believer™

## COMBINE WITH

Cold water, aloe vera juice, hibiscus tea, or your favorite fruit



**100%** of participants noticed their digestive issues improved since they started taking Soothe Operator™



**89%** noticed their post-meal bloat improved since they started taking Soothe Operator™



**86%** noticed the regularity of their bowel movements improved



I really appreciate this as my new go-to for when I have eaten something that isn't agreeing with me.  
- Kaitlin

Learn more



# Claim to Flame™

## BENEFITS

- Turmeric supports the body's inflammatory response
- Astragalus provides restorative benefits
- Ginger and black pepper act as a digestive aid

## TAKE IF YOU NEED...

- ☑ A potent tonic to support a healthy inflammatory response
- ☑ Gut and digestive support
- ☑ More easeful mobility in the movement centers

## WHEN TO TAKE

Anytime, up to one serving per day

## FLAVOR PROFILE

Turmeric and warming spices, bitter, and slightly spicy

## PAIRINGS

Mind Over Matter™, Releaf™

## COMBINE WITH

Plant milk, coffee, water, or sprinkle over cooked food



“ My functional medicine doctor is so happy that I started using Claim to Flame™ when I did, especially since I want to take a holistic approach on my journey to reduce inflammation in my body overall. - Alyssa

Learn more



# Seal the Deal™

## BENEFITS

- Maca root offers caffeine-free energy and hormone support
- Adaptogen ashwagandha helps lower stress and boost libido
- Acai berry delivers antioxidants

## TAKE IF YOU NEED...

- ✓ Long-term hormone support
- ✓ A boost in the mood and energy
- ✓ Stress support

## WHEN TO TAKE

Daytime, up to two servings per day

## FLAVOR PROFILE

Mildly nutty and sweet flavor

## PAIRINGS

Chill the F\* Out™, Claim to Flame™

## COMBINE WITH

Coffee, warm milk, nut butter, smoothie, or protein shake



**75%** of participants felt their feelings of worry & uneasiness had improved since they started taking Seal the Deal™



**75%** felt their energy levels improved since taking Seal the Deal™



**78%** of participants found their mood lifted when they took Seal the Deal™



I loved the taste and I noticed such a difference in my mood swings during my period and I'm way more positive. It's such a great blend. - Amy

Learn more



# Rose Colored Glasses™

## BENEFITS

- Adaptogen hawthorn berry helps lift the mood and calm the body
- Maca root increases energy and promotes hormonal wellbeing
- Herbal ingredients help lower feelings of stress and worry over time

## TAKE IF YOU NEED...

- ✓ Ongoing stress support
- ✓ Hormonal support throughout the month
- ✓ A boost in mood

## WHEN TO TAKE

Anytime, up to three servings per day

## FLAVOR PROFILE

Rose, fruity, tangy, and nutty

## PAIRINGS

You Dew You®

## COMBINE WITH

Warm milk or water



**91%** felt their feelings of anxiety improved since they started taking Rose Colored Glasses™



**84%** of participants found their mood lifted



**83%** felt less issues dealing with stress since they started taking Rose Colored Glasses™

“ Really noticed a difference. Whenever I felt stressed or anxious during the day I would remember to take this and it helped every time. - DeAnna

Learn more



## Slay All Day™ Yogurt Parfait

Packed with gut-nourishing probiotics from yogurt and energizing matcha green tea from Slay All Day™. This is your new everyday parfait to keep you full, focused, and going all day long.

### Ingredients

- 1 tsp Slay All Day™
- 1 cup yogurt
- ½ cup granola
- Fresh berries

### Directions:

1. Mix Slay All Day™ with ½ cup of yogurt in a small mixing bowl or cup and set aside.
2. Add berries to the bottom of parfait cup and slightly mash.
3. Layer in the following order: granola, plain yogurt, mixed Slay All Day™ yogurt, and plain yogurt.
4. Top with extra granola and fresh berries.



## Chill the F\* Out™ Cozy Cocoa

The stress-busting adaptogens found in Chill the F\* Out™ in combination with creamy oat milk, coconut oil, and a dash of maple syrup makes this your new favorite hot cocoa recipe for less stress and more ease.

### Ingredients

- 1 tsp Chill the F\* Out™
- 6 oz oat milk
- 1 tbsp coconut oil/ghee
- 1 tsp maple syrup

### Directions:

1. Add formula to your mug and pour warmed oat milk over it.
2. Add coconut oil/ghee & maple syrup (optional).
3. Use a hand frother to incorporate.
4. Sip n' chill.



For more *recipes*, visit our blog here.

Scan this code to shop our *Signature Formulas* and get well—for good.



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