

HERB
PHARM®

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Drink in Wellness



How to Take Liquid Herbal Extracts,
the Herb Pharm Way

Since 1979.

We've made liquid herbal extracts that help deliver the broad spectrum of every carefully sourced plant. They work swiftly and effectively, in perfect harmony with how bodies work.

Here's a look at everything you need to know about taking liquid herbal extracts, including some simple tips for making them part of your everyday routine.



How to take a liquid herbal extract



Squeeze.

Shake the bottle well and squeeze the dropper bulb once.



Drop.

Drop the serving (as per the individual label) into at least 2 oz. of water or juice.



Drink.

For the best results, repeat as directed on the product label.





Why Liquids?

Liquid herbal extracts are made for how your body works. These are some of the top benefits of choosing this format over other types of herbal supplements.

🔥 Nature In Sync with You

Herb Pharm liquid herbal extracts deliver high-quality herbs in their most authentic state, supplying a broad spectrum of beneficial plant compounds that work in perfect harmony with your body.

🔥 Swiftly & Powerfully Effective

Your body can start absorbing our herbs' phytochemicals as soon as you take an extract. Liquid herbal extracts work swiftly and efficiently by partially bypassing the digestive process. Without needing to wait on your digestive system, your body can start experiencing the benefits from the first sip.

🔥 Easy to Use

Taking Herb Pharm's liquid herbal extracts couldn't be easier. Give your bottle a shake. Squeeze the bulb once to get a dropperful and release into 2 oz. of water or juice. Sip, sit back and enjoy the moment.

🔥 Easy to Swallow

For people who are looking for another option – or want a closer connection to what they're putting in their bodies – liquid herbal extracts offer an easier way to drink in natural wellness.

🔥 Nothing But Pure Plant Wellness

Our liquid herbal extracts are pure and simple. Our finished extracts contain just the beneficial herbal phytochemicals and the liquid used to extract them.



Tip from our Herbalists:

Do you have a favorite herb or an herb that you're interested in learning about? Try it as a single liquid herbal extract and notice the taste and feeling of the herb. This can help you build a closer relationship with the plant!



10 Ways

to Drink in Wellness Every Day

Whether you're new to herbs or have been taking them for years, these tips can help you integrate Herb Pharm liquid herbal extracts into your daily rituals and routines.



1 Keep your herbs close.

For herbs taken just before meals, like our Better Bitters formulas: Keep your favorites in a kitchen cabinet so they're within reach when you're prepping your food.

2 Get organized.

If you like to "collect" herbs: Use a turntable or spice organizer to keep your bottles organized. (Try alphabetizing them for easier access!)

3 Take them on the go.

Before leaving the house, put your liquid herbal extract bottles into your lunch box or work bag so they are with you on the go.

4 Keep them in sight.

Leave your everyday liquid herbal extracts on the kitchen table, so you'll see them and be reminded to take them.

5 Take them to work.

Stash your herbs on your desk so you have them ready for any calls, meetings or challenging moments that may arise.

6 Love to thrift?

Pick up a small glass or espresso cup. They hold the perfect amount of water or juice (2 oz.) and can help create a special ritual for taking your liquid herbal extracts.

7 Start a new habit.

Set a reminder on your phone or computer. Try using a fun emoji that'll catch your eye and make you smile each time.

8 Add some bubbles!

Add your favorite liquid herbal extract to sparkling water. Notice how the carbonation enhances the taste of the herbs.

9 Try a recipe.

Experiment with new liquid herbal extracts by creating one of our Herbal Recipes (available in the Recipes section of our Stay Well blog). Or create your own!

10 Create an evening ritual.

For your P.M. herbs, store them in your bathroom so you can take them before brushing your teeth and turning in.



How do you drink in wellness each day?

Snap a pic of your best tips and helpful habits and share it with us on social media by using the hashtag #LiquidsforLife. Tag us for a chance to be featured!

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