



How to Prepare Alcohol Free Herbal Medicines

All of our extracts contain alcohol (see Our Sources to learn why). However, Some patients will prefer to have an alcohol free solution. We provide instructions, equipment and this guide to help you or your patient prepare our extracts to be alcohol free.

Alcohol boils at 180°F, 32°F lower than the boiling point of water, and will evaporate first. Placing boiling water over the dose will evaporate about 70% of the alcohol. Simmering the dose in a small amount of water can remove up to 95% of the alcohol.

Method 1

- Pour a small amount of boiling water over the herbs
- Let stand 5 minutes
- Drink

Method 2

- Place dose in small saucepan with ½ cup water
- Simmer on very low for 5-10 minutes
- Let cool
- Drink

Preparing more than one dose at once

You may simmer off the alcohol for 1 to 2 day's administration. The simmered herbs will be stable for 2 days at room temperature. Refrigerated, the simmered herbs will remain viable for up to 5 days.

- Add the appropriate number of doses to the saucepan.
- Add ¼ cup water for each dose you will be simmering.
(our mini saucepan will accommodate up to 6 doses at once)
- Bring to a low simmer and simmer for 15 minutes.
- Refrigerate the solution.
- Take ¼ cup liquid for each dose.