ALCHELIBRIUM

HERBAL TINCTURE GUIDE

Traditional Herbs • Plant Medicine • Natural Wellness



www.alchelibrium.co.za

Welcome

Welcome to our Herbal Tincture Guide.

Inside you'll find an introduction to the herbs featured in our handcrafted tincture range, along with general information about their traditional uses and preparation.

We hope this guide helps you discover the beauty of herbal tinctures and the remarkable plants that inspire them.

TRADITIONAL HERBS

Carefully selected botanicals with a long history of traditional use.

EASY TO USE

Liquid herbal extracts designed for convenient everyday use.

CAREFULLY PREPARED

Small-batch tinctures crafted using quality ingredients and traditional extraction methods.

Each Alchelibrium tincture includes a QR code linking to detailed product information, suggested use, safety information and storage guidance.



Our Philosophy

At Alchelibrium, we believe that nature offers a wealth of traditional botanical knowledge. Our tinctures are carefully prepared in small batches using quality herbs and traditional extraction methods, with a focus on simplicity, care and respect for the plants we use.



SMALL BATCHES

Prepared in small batches with care and attention.

QUALITY HERBS

Carefully selected botanical ingredients.

TRADITIONAL METHODS

Prepared using time-honoured extraction techniques.

RESPECT FOR NATURE

Made with appreciation for the natural world.

DISCLAIMER

The information in this guide is provided for general educational purposes only. Our herbal tinctures are intended to support general wellbeing and are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, breastfeeding, taking medication or have a medical condition, please consult a qualified healthcare professional before using herbal products.

Valerian Root



BOTANICAL NAME

Valeriana officinalis

ABOUT THIS HERB

Valerian Root has been valued in traditional herbal practice for centuries. Best known for its calming nature, it has long been used to support relaxation and restful sleep, making it one of the most recognised herbs in natural wellness.

TRADITIONALLY USED FOR

- Relaxation
- Supporting restful sleep
- Helping ease nervous tension

SUGGESTED USE

Adults and adolescents over 12 years:
Take 20 drops, diluted in a small amount of water, up to three times daily. To aid sleep, take 20 drops a pproximately 30–60 minutes before bedtime. Shake well before use. Do not exceed the suggested amount.
Drop guide: 20 drops ≈ 1 ml using the supplied pipette

INGREDIENTS

- Valerian Root (Valeriana officinalis)
- Extracted in 40% alcohol
- Initial herb-to-menstruum ratio: 1:10

STORAGE

Store in a cool, dry place away from direct sunlight. Keep tightly sealed after opening. Keep out of reach of children.

SAFETY

Not recommended during pregnancy or breastfeeding, or for children under 12 years. May cause drowsiness and may impair the ability to drive or operate machinery. Gastrointestinal effects such as nausea or abdominal cramps may occur. Do not combine with sedative medicines unless advised by a healthcare professional. If symptoms persist or worsen after two weeks of continued use, seek professional advice. Discontinue use if any adverse reaction occurs.

Artemisia Afra

BOTANICAL NAME

Artemisia afra

ABOUT THIS HERB

Artemisia Afra is one of Southern Africa's best-known indigenous medicinal plants. Valued in traditional herbal practice for generations, it remains an important botanical and a cherished part of the region's natural heritage.

TRADITIONALLY USED FOR

- Traditionally used to support respiratory wellbeing
- Supporting seasonal wellness
- Digestive support Relieving indigestion, colic, and intestinal worms.
- Soothing headaches
- General wellbeing

SUGGESTED USE

Adults: Take 10–20 drops, diluted in a small amount of water, up to three times daily. For short-term use only. Do not use continuously for longer than two weeks. Shake well before use. Do not exceed the suggested amount.
Drop guide: 20 drops ≈ 1 ml using the supplied pipette

INGREDIENTS

- Artemisia Afra (African wormwood)
- Extracted in 40% alcohol
- Initial herb-to-menstruum ratio: 1:13.3

STORAGE

Store in a cool, dry place away from direct sunlight.
Keep tightly sealed after opening.
Keep out of reach of children.

SAFETY

Do not use during pregnancy or if trying to conceive. Not recommended during breastfeeding. For adult use only. Do not use continuously for longer than two weeks. Do not use if allergic to Artemisia or other plants in the Asteraceae family. Consult a healthcare professional before use if taking medication or managing a medical condition. Discontinue use if any adverse reaction occurs.



Yarrow



BOTANICAL NAME

Achillea millefolium

ABOUT THIS HERB

Yarrow is a hardy flowering herb that has been used in traditional herbal preparations for centuries. Its delicate white flowers and feathery leaves have made it a familiar and respected plant in herbal traditions around the world.

TRADITIONALLY USED FOR

- Supporting digestive comfort
- Traditional herbal tonic
- Promoting general wellbeing
- Menstrual cramps
- Blood Flow Regulation
- PMS Relief

SUGGESTED USE

Adults: Take 40 drops, diluted in a small amount of water, up to three times daily. Shake well before use. Do not exceed the suggested amount.

Drop guide: 20 drops ≈ 1 ml using the supplied pipette

INGREDIENTS

- Yarrow (Achillea millefolium)
- Extracted in 40% alcohol
- Initial herb-to-menstruum ratio: 1:10

STORAGE

Store in a cool, dry place away from direct sunlight.
Keep tightly sealed after opening.
Keep out of reach of children.

SAFETY

Not recommended during pregnancy or breastfeeding, or for children under 12 years.
Do not use if allergic to Yarrow or other plants in the Asteraceae family. Consult a healthcare professional before use if taking medication or managing a medical condition. Discontinue use if any allergic or other adverse reaction occurs.

Passionflower

BOTANICAL NAME

Passiflora incarnata

ABOUT THIS HERB

Passionflower is a beautiful climbing vine traditionally used to encourage relaxation and emotional balance. Its striking flowers have made it one of the most recognisable and widely appreciated herbs in botanical wellness.

TRADITIONALLY USED FOR

- Promoting relaxation
- Supporting restful sleep
- Helping maintain emotional wellbeing
- Muscle relaxant
- Menopausal Support
- Anxiety & Insomnia

SUGGESTED USE

Adults and adolescents over 12 years:
Take 20–40 drops, diluted in a small amount of water, up to three times daily.For evening use, take 20–40 drops approximately 30–60 minutes before bedtime.Shake well before use. Do not exceed the suggested amount.
Drop guide: 20 drops ≈ 1 ml using the supplied pipette

INGREDIENTS

- Passionflower (Passiflora incarnata)
- Extracted in 40% alcohol
- Initial herb-to-menstruum ratio: 1:13.3

STORAGE

Store in a cool, dry place away from direct sunlight. Keep tightly sealed after opening. Keep out of reach of children.

SAFETY

Not recommended during pregnancy or breastfeeding, or for children under 12 years. May cause drowsiness and may impair the ability to drive or operate machinery. Do not combine with sedative medicines unless advised by a healthcare professional. If symptoms persist or worsen after two weeks of continued use, seek professional advice. Discontinue use if any adverse reaction occurs.





Mugwort

BOTANICAL NAME

Artemisia vulgaris

ABOUT THIS HERB

Mugwort is an aromatic herb with a rich history in traditional herbal practice. Appreciated for generations, it has been used in a variety of herbal preparations and remains a valued botanical in natural wellness today.

TRADITIONALLY USED FOR

- Supporting digestive wellbeing
- Traditional herbal tonic
- Promoting general wellness
- Ease Menstrual cramps
- Encourage delayed periods
- Stimulate pelvic blood flow
- Menopause Support
- Lucid dreaming

SUGGESTED USE

Adults: Take 10–20 drops, diluted in a small amount of water, once or twice daily. Shake well before use. Do not exceed the suggested amount.

Drop guide: 20 drops ≈ 1 ml using the supplied pipette

INGREDIENTS

- Mugwort (Artemisia vulgaris)
- Extracted in 40% alcohol
- Initial herb-to-menstruum ratio: 1:13.3

STORAGE

Store in a cool, dry place away from direct sunlight.
Keep tightly sealed after opening.
Keep out of reach of children.

SAFETY

Do not use during pregnancy. For adult use only. Consult a healthcare professional before use if breastfeeding, taking medication or managing a medical condition. Do not use if allergic to Mugwort or other plants in the Asteraceae family. Discontinue use if any adverse reaction occurs.

Using Herbal Tinctures

Herbal tinctures are concentrated botanical extracts designed for convenient everyday use. Following a few simple guidelines will help you enjoy your tinctures safely and make them part of your daily wellness routine



SHAKE WELL

Gently shake the bottle before each use to ensure the natural herbal extract is evenly mixed.

MEASURE CAREFULLY

Use the suggested amount shown for your individual tincture. Measure liquid doses carefully using the supplied dropper.

TAKE AS DIRECTED

Follow the suggested use for your individual tincture. Where directed, dilute the measured amount in a small amount of water.

FOLLOW THE SUGGESTED USE

Follow the usage and safety guidance provided for your individual tincture. Do not exceed the recommended amount.

STORE CORRECTLY

Keep your tincture tightly sealed in a cool, dry, dark place away from direct sunlight and heat.

ASK IF YOU'RE UNSURE

If you have any medical concerns or are taking medication, seek advice from a qualified healthcare professional before use.

Nature works best when used with care and consistency.

Storage & Safety

Proper storage and responsible use help preserve the quality of your tinctures. Please follow these simple guidelines.

1. STORE COOL AND DRY
Store your tincture in a cool, dry place to help maintain its quality and potency.

2. KEEP AWAY FROM DIRECT SUNLIGHT
Protect your tincture from heat and direct sunlight, which can affect the natural properties of the herbs.

3. KEEP TIGHTLY SEALED
Always ensure the bottle is tightly sealed after each use to prevent contamination and evaporation.

4. KEEP AWAY FROM CHILDREN
Store all tinctures safely out of reach of children at all times.

5. PREGNANCY & BREASTFEEDING
Some herbs in the Alchelibrium range should not be used during pregnancy. Always check the safety information for your individual tincture before use.

6. CHECK WITH A HEALTHCARE PROFESSIONAL IF TAKING MEDICATION
If you are taking medication or have a medical condition, seek advice from a qualified healthcare professional before use.



A GENTLE REMINDER
Herbal tinctures are intended to support general wellbeing and are not intended to diagnose, treat, cure or prevent any disease. Always use responsibly and listen to your body. Discontinue use if any adverse reaction occurs.

Frequently Asked Questions

Here are some common questions about our herbal tinctures. If you have any other questions, please don't hesitate to get in touch.

WHAT IS A TINCTURE?

A tincture is a concentrated liquid herbal extract made by soaking herbs in a mixture of alcohol and water to draw out their beneficial compounds.

WHY IS ALCOHOL USED?

Food-grade alcohol helps to efficiently extract the active constituents from the herbs and acts as a natural preservative, helping your tincture stay fresh for longer.

HOW DO I TAKE IT?

Each tincture has its own suggested use. Measure the recommended amount using the dropper and take according to the individual product directions. It may be diluted in a small amount of water if preferred.

CAN I MIX TINCTURES?

Some herbal tinctures may be used together, but suitability depends on the individual herbs, amounts used, medications and personal health circumstances. Check the safety information for each product before combining tinctures and consult a qualified healthcare professional if unsure

HOW LONG DOES IT LAST?

Alcohol-based herbal tinctures generally have a long shelf life when stored correctly. Keep tightly sealed in a cool, dry, dark place and refer to the best-before information provided with your product.

WHO SHOULD AVOID HERBAL TINCTURES?

Suitability differs between herbs. Pregnant or breastfeeding women, children, people taking medication and those with medical conditions should check the individual product safety information before use and seek professional advice where appropriate.

A GENTLE REMINDER

Herbal tinctures are intended to support general wellbeing and are not intended to diagnose, treat, cure or prevent any disease. Always use responsibly and listen to your body.





ALCHELIBRIUM

Thank You

Thank you for taking the time to explore our Herbal Tincture Guide.

We're proud to craft small-batch tinctures inspired by traditional botanical knowledge and a respect for nature.

We hope this guide has introduced you to r emarkable herbs and supports you on your wellness journey.

EXPLORE OUR RANGE

PLANT MEDICINE

Honouring the wisdom of plants through respectful and intentional preparation.

HERBAL TINCTURES

Carefully crafted liquid extracts made with traditional herbs and time-honoured methods.

NATURAL WELLNESS

Supporting balance and wellbeing through the power of nature's botanical gifts.

GET IN TOUCH

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