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.

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

WHATSAPP
083 602 6304

EMAIL
admin@alchelibrium.co.za

INSTAGRAM
alchelibrium_human_alchemy

www.alchelibrium.co.za