



Isatis Tincture

Perform Isatis Tincture Calculations to begin process

- Ratio: 1:5 – Formula: 25% Alcohol / 75% Water

Weigh out 2 herbal ingredients:

- 2 parts - Isatis Leaf powder: 16 ounces
- 1 part - Isatis Root powder: 8 ounces

24 ounces of total powder (See chart below for other quantities)
x 5 (ratio of 5:1)

120 ounces of menstruum (liquid)

- $120 \times 75\% (.75) = 90$ ounces of filtered or distilled water (no chlorine) + 2T vinegar (added for cooking process)
- $120 \times 25\% (.25) = 30$ ounces of Everclear (**DO NOT MIX in until after cooked tincture has cooled!!**)

You will use more water than alcohol. Cooking decreases water content. It's like making gravy or pudding but it's called a Decoction.

Preparation

- Begin by combining herb powder together and then add to cold water w/ vinegar, in a pot.
- Slowly and thoroughly mash up the lumps making sure to get all of the powder completely wet. You can use a potato masher or immersion blender. (Cech recommends soaking an hour or overnight before heating)
- Put on lid, set on stove, warm slowly, bring to a slow boil stirring frequently, and then down to a low boil. Stir like fudge for half an hour. DON'T get in a hurry. *WATCH carefully* – can boil over unexpectedly and can spatter wildly as it bubbles like the LaBrea tar pits – high and hot. It also stains clothing.
- Cool overnight and then add alcohol to pot to help get out into jar(s). Store in a cool, dark place, then shake daily for at least 2 weeks before straining/pressing.

Quantity options	2 ozs.	4 ozs.	8 ozs.	16 ozs.
Root (1 part)	4 ozs.	8 ozs.	16 ozs.	32 ozs.
Leaf (2 parts)	6 ozs.	12 ozs.	24 ozs.	48 ozs.
Total herb	30 ozs.	60 ozs.	120 ozs.	240 ozs.
x 5 = total liquid (will equal size of pot & jar needed)				
Divide by .75 = total water	22.5 (23) ozs.	45 ozs.	90 ozs.	180 ozs.
Divide by .25 = total Everclear	7.5 (8) ozs.	15 ozs.	30 ozs.	60 ozs.

±= Formula comes from Buhner, *Herbal Antibiotics*, 2nd Ed., p. 372.