

Natural Know-How Practitioner Formulations:

***Email natknowhow@gmail.com for purchase of these products**

Tincture Formulas

CUSTOM TINCTURE FORMULAS AVAILABLE, PRICES VARY, **PRICES DO NOT INCLUDE GST/HST**

***60ml with dropper \$36**

***100ml with dropper \$48**

***250ml \$98**

***500ml \$148**

****All tinctures contain Food Grade Ethanol**

Acute Respiratory Formula

Dosage: Take 50 drops in small amount of water at first signs of breathing symptoms occur wait 20mins (unless in breathing distress then please use inhaler/seek medical attention), take 25 drops every 20mins until breathing stabilizes (max dose 100drops total/day)

Not to be taken with blood-thinning/decongestant medications, not a replacement for medical inhalers, can cause increased heart rate, not to be taken for long periods of time

Ingredients: Ephedra, Grindelia, Schizandra, Fennel, Hyssop, Black Cohosh, Lobelia

Anti-Fungal

Dosage: 50 drops 3x/day as needed during fungal infection

*add to small amount of water, do not take with antibiotics, NOT FOR CHILDREN, CONTAINS ETHANOL

NOTE: Fungal die-off can cause nausea, headache and general unwell feeling, which should subside after formula is finished.

shake

Ingredients: Usnea, Pau D'arco, Lomatium, Oregon grape root, Thyme

Anti-inflammatory Formula

Dosage: Take 1-5 droppers full into a small amount of water 3x/day with or without meals, take until finished, take at least 30mins-1 hour away from other supplements/pharmaceuticals/formulas, not to be taken with immunosuppressants, blood thinners or kidney medications
Ingredients: Dandelion root, Turmeric, Elecampane, Gentian, Fennel, Devils claw, Cats claw, Cordyceps mushroom, Ginger, Licorice

Arthritis Formula

Dosage: Take 1-5 droppers full into a small amount of water 3x/day with or without meals, take until finished, take at least 30mins-1 hour away from other supplements/pharmaceuticals/formulas
Ingredients: Angelica, Ligusticum, Black Cohosh, Prickly Ash, Burdock, Yarrow, Comfrey, Fang Feng, Devils claw, Teasel root, Lycii berry

Blood Sugar Regulator Formula

Dosage: Take 50 drops (2 droppers = 2ml) in a small amount of water 3x/day just before meals, take at least 1 hour away from other supplements/pharmaceuticals/formulas
*If light-headedness or sweats occur please stop formula and contact me to adjust dosage
Ingredients: Devils club, Fenugreek, Bitter melon, Bilberry, Gynema, Pipsissiwa, Schizandra, Dandelion root, Turmeric, Ginger, Cinnamon

Build Blood

Dosage: 20-30 drops max 3x/day for anemia
*add to small amount of water, do not take with blood-thinners
NOT FOR CHILDREN CONTAINS ETHANOL *shake*
Ingredients: Dang quai root, Codonopsis root, Rehmannia root, Peony root, Atractylodes, Ligusticum (Privet berry), Licorice, Poria, Ginger, Citrus peel

Children's Immunity Formula

Dosage: Dependant on weight and age
(Please call Shannon 604 993 0169 for dosage)
*Contains ethanol, dosage to be given by adult only
Ingredients: Elderberry, Elderflower, Echinacea A & P spp., Licorice, Honeysuckle flower, Baikal skullcap, Mullein, Anise, Fennel, Vegetable glycerin

Clear Skin Formula

Dosage: 30 drops max 3x/day on an empty stomach,

add to small amount of water, do not take with blood-thinners

NOT FOR CHILDREN

CONTAINS ETHANOL *shake*

Ingredients: Echinacea, Oregon grape root, Red clover, Burdock, Yellowdock, American Ginseng, Honeysuckle

Energy/Stamina Formula

Dosage: 50 drops 2-3x/day added to small amount of water

as needed during the day for fatigue

*Not to be taken with blood-thinners or anti-organ rejection medications, take at least 1 hour away from pharmaceuticals

Ingredients: Panax ginseng, American ginseng, Eleuthero, Codonopsis, Prickly Ash, Atractylodes, Fo-it, Dang quai, Chaga, Cordyceps, Poria, Ginger, Licorice, Gingko biloba

Happy Tonic

Dosage: 29-50 drops into a small amount of water, can be used up to 5x/day as needed

CONTAINS ETHANOL, do not take with antidepressants/blood-thinners, take 1 hr away from medications *shake*

Ingredients: Albizzia bark, Albizzia flower, Chamomile, Rhodiola, Oatstraw, Oatseed, Rose

Healthy Heart Drops

Dosage: 29 drops 3x/day into small amount of water (CONSISTENCY IS KEY)

Ingredients: (Ethanol, water) extracts of Hawthorn berry/leaf/twig, Garlic, Mistletoe, Motherwort, Bilberry, Willow, Red sage root

*Do not take with blood-thinners/blood-pressure medications, take 1 hr away from medications, NOT FOR CHILDREN, CONTAINS ETHANOL

HSV formula

Dosage: 25drops (1/4 tsp – 1/2tsp) 3x/day, when symptoms start (the tingle), consistently as possible and for 1 week after symptoms subside

*add to small amount of water, take 2 hours away from antidepressant, **do not take with immunosuppressants/blood-thinners, if on birth control use a condom for 2 weeks after stopping formula as St Johns wort can decrease BC effectiveness.** If any signs of mental alteration whilst taking with anti-depressants stop formula.

Ingredients: Echinacea, Lomatium, St Johns Wort, Lemon Balm (*organic ingredients, g/f)

Shingles/HSV formula

Dosage: 2 capful into small amount of water 3x/day until symptoms subside, be as consistent as possible and for 1 week after symptoms subside take 1 cap 2x/day
* if on birth control use a condom for 2 weeks after stopping formula as St Johns wort can decrease BC effectiveness.

Ingredients: St Johns Wort, Lemon Balm, Baikal skullcap

Kidney Yin/Yang Tonic

Dosage: 25 drops 3x/day until finished between meals, take with a tiny pinch of salt
Ingredients: Plantago seed, Poria, Alisma, Rehmannia, Dioscorea, Cuscutae, Lycii, Schizandra, Fructus rubai, Cornus

Lactation Formula

Dosage: 50 drops 3x/day into small amount of water
(CONSISTENCY IS KEY)

Ingredients: (Ethanol, water) extracts of Blessed thistle, Fennel, Goats rue, Fenugreek, Milky oatseed

Laxative Formula

Dosage: Take 1-5 droppers full into a small amount of water as needed for mild constipation, not to be used long-term, take with or without meals, take at least 1 hour away from other supplements/pharmaceuticals, not to be taken with other laxatives or blood thinning medications, can cause intestinal cramping

Ingredients: Cascara bark, Rhubarb root, Burdock, Ginger, Anise seed, Fennel, Lobelia, Licorice

Liver Formula

Dosage: 25 drops 3x/day 10mins before meals, add to small amount of water, do not take with blood-thinners or hormone replacement medications, take at least 2 hours away from pharmaceuticals

CONTAINS ETHANOL *shake*

Ingredients: Oregon grape root, Bupleurum, Lycii, Dandelion root, Turmeric, Chen Pi, Wild Yam, Fennel seed, Angelica root, Cyperus, Ginger

Lower Cholesterol Formula

Dosage: 25 drops 3x/day before meals, take in a small amount of water.

Ingredients: Artichoke, Hawthorne berry, Barberry, Fenugreek, Fleeceflower, Turmeric, Dandelion root, Lycii, Ginger, Cayenne

CONTAINS ETHANOL, take 2 hr away from medications and 30mins away from other formulas/supplements

SIBO formula

Dosage: 25 drops 3x/day before meals

Shake before use, take until finished, then use probiotics (minimum 24 billion, refrigerated, full spectrum) everyday for a minimum of 1 month

Ingredients: Thyme, Coptis, Myrrh

'The Sugar Destroyer'

Dosage: 10 drops into small amount of water, swish around mouth and swallow.

Take in times of sugar or carb cravings (chips/wheat products/pastries).

Ingredients: Gymnema leaf

Yin Tonic

Dosage: 25-30 drops 3x/day into small amount of water

Used for night sweats (consistency is key)

Ingredients: Rehmannia, Lyci, Licorice, Asparagus root, Privet berry, Fo-ti

CONTAINS ETHANOL, take at least 1 hr away from pharmaceuticals