



Red Sage (Dan Shen)

Herbal

Hey, wellness warrior—let's whip up some Dan Shen tincture magic to supercharge your spring reset!

Ingredients

- 20 g dried, organic Dan Shen root
- 100 g high-proof vodka (80-proof; or food-grade glycerin)

Tools

- Food scale
- Pint-sized, amber glass mason jar with a tight-fitting lid
- Cheesecloth or fine mesh strainer
- Amber dropper bottle
- **Tip:** Amber colored glass effectively keeps light out—preserving the tincture's potency—whereas other colors are not as effective. If unable to locate an amber mason jar, place a regular mason jar inside a paper bag.



Directions

1. Finely chop/grind Dan Shen root.
2. In the mason jar, mix 20 g root with 100 g vodka (1:5 ratio).
3. Seal, shake, and store in a cool, dark place for 2–3 weeks, shaking daily.
4. Strain through cheesecloth into a bowl, squeezing out liquid.
5. Pour into an amber dropper bottle, label, and store.

Suggested Adult Serving

Take 1/4 tsp–1/2 tsp 2x daily in water or tea. Start low, listen to your body.

Tips

- Consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.
- Store alcohol tinctures in a cool, dark place—they'll last 2–3 years. Glycerin tinctures are best kept in the fridge to stay fresh for 1–2 years.

Bonus Tips (The Wise & Wild Way)

Keep a journal to track how Dan Shen makes you feel—sharper mind, better energy, or deeper sleep?

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