Immune Boost Tincture - Resilient Spirit

DESCRIPTION

Strengthen Your Immune System

This blend strengthens and supports your body's natural defenses — bringing together seven of the most beloved immune herbs from across the world's traditions, from Echinacea on the North American plains to Astragalus in Chinese medicine to Elderberry in European folk tradition.

The blend:

- **Echinacea** — the classic Western immune herb.
- **Elderberry** — a traditional seasonal-wellness berry, rich in antioxidants.
- **Astragalus** — the long-term immune-building tonic root of Chinese medicine.
- **Rosehips** — naturally rich in vitamin C.
- **Olive Leaf** — a hardy Mediterranean staple.
- **Holy Basil (Tulsi)** — Ayurveda's adaptogen for resilience.
- **Ginger** — warming and settling.

What it does: strengthens your body's natural defenses and everyday resilience, and helps carry you through cold-and-flu season, seasonal changes, and demanding, run-down times.

How to use: take 1–2 droppers (about 1–2 ml) under the tongue or in a little water, 2–3 times daily or as needed. For best absorption, hold under the tongue for 30–60 seconds before swallowing. Shake well first.

Disclaimer

This is a handcrafted herbal extract. It is not intended to diagnose, treat, cure, or prevent any disease, and it is not a substitute for medical care for a serious or persistent condition.

We recommend consulting a qualified integrative healthcare professional before use — especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important safety information:

- For internal use.
- Contains alcohol (vodka) unless you choose the glycerin-only version.
- Not recommended for children. Keep out of reach of children.
- Store in a cool, dark place. Shake well before each use.
- Results may vary. Always use as directed.
