Essential Minerals Tincture - Sacred Rock

DESCRIPTION

Replenish the Minerals Modern Life Drains

Depleted soils, processed food, stress, and too much coffee quietly drain the body's minerals. This blend refills them — from five of the most nutrient-dense plants on earth, delivering minerals in the whole-food form the body actually absorbs. This is food-as-medicine at its most fundamental (the very idea behind our Wellness Pantry).

The blend:

- **Moringa** — the "miracle tree," extraordinarily rich in vitamins, minerals, and all nine essential amino acids.
- **Holy Basil (Tulsi)** — a nutrient-dense adaptogen.
- **Nettle** — the classic mineral-rich tonic herb (iron, calcium, magnesium).
- **Dandelion Leaf** — a bitter green full of potassium and minerals.
- **Parsley** — far more than a garnish; rich in vitamins K and C and minerals.

What it does: replenishes the essential plant minerals and vitamins modern life depletes, fuels steady natural energy, and nourishes your hair, skin, bones, and overall vitality.

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.
