



BITTER ROOTS
apothecary

Welcome to Bitter Roots Product Guide!

Thank you for your interest in Bitter Roots Apothecary. All of our professional grade tinctures are hand crafted in small batches in Vancouver, Canada. We source our herbs from quality suppliers providing us with premium herbs that are USDA certified organic and lot tested for pesticides. We also ensure herbs that are endangered species have been ethically harvested. Our focus is on traditional East Asian medicine - providing common formulas and single herbs from traditional Chinese Materia Medica. We also have a small range of Western herbs. We pride ourselves on excellent customer service and will gladly add items to our stock if they are available from our suppliers.

Inside you'll find:

- How to Order
- Our Policies
- Tincturing process
- Custom Compounding
- Product List
- Dosage guidelines
- Price List
- Contact Information
- Coming soon

● HOW TO ORDER

1. Set up account at
2. After your account has been activated (usually takes 24 - 48hrs) login to place order
3. Payments are made by credit card, PayPal or etransfer.
4. You will receive a confirmation email upon receiving the order
5. Once the order is prepared and shipped you will receive a tracking number via email
6. Within 2 - 10 days your package will arrive :)

There are other ordering options available. Please email info@bitterrottsapothecary.com to discuss what would work best for you or your clinic.

● OUR POLICIES

Shipping: free shipping on orders over \$150 before tax. Shipping can cost anywhere from \$10 - \$25 depending on size of order and location. In town (Vancouver) orders usually arrive the following day, while most others take on average 3-4 days. Courier options are available for Vancouver as well

Turnaround time: we strive to have a quick turnaround on orders. Most orders are processed and shipped within 24-48 hrs.

Patient drop shipping: let us know when you place the order which tincture will be sent directly to the patient, including their name and address. Order will be processed as usual, except the patient will get the package and you will get the tracking number and invoice.

Payment: Credit card or PayPal at time of ordering, e-transfers are also accepted.

Cancelling or changing an order: if you need to add a tincture, make a change or cancel an order email as soon as possible. If your order has not been processed changes will be made with no extra charge. If the order has been processed you will be charged the full price.

Breakage: orders are carefully packed to minimize the risk of breakage, if however it does occur we will replace broken items free of charge.

Refunds: there are no refunds or returns on any single herbs, standard or custom formulas.

Quality Assurance: our herbs are sourced from top herbal suppliers who value ethical quality products. In addition to testing by the raw her suppliers we do our own batch testing for mould, bacteria, fungi and coliform.

● TINCTURING PROCESS

All of our tinctures are extracted in small batches using cold percolation. For single herbs we use 95% grain alcohol which is diluted to an optimal percentage for each herb allowing for the active ingredients to be extracted. All single herbs are a 1:2 ratio which means there is 1 gram of herb per 2 ml of extract. This is a stronger formulation than many products as the standard ratio is 1:5.

Our standard formulas are prepared using the same method, however due to the varying percentages of the herbs in each formula we use 40% vodka as our solvent.

● CUSTOM COMPOUNDING

Our single herb list provides practitioners with the flexibility to modify common formulas or to create their own custom blends for their clients. When modifying a standard formula or creating a custom formulation we ask that the volume of the herb/formula is in a percentage form.

For example:

Modified Si Wu Tang

Si Wu Tang 75%

+ he shou wu 15%

+ gou qi zi 5%

+ da zao 5%

For a custom formula **all** herbs should be listed with their percentages. Custom formulas may also be made as a glycerite if needed - please allow extra time for processing (up to 48hrs)

● PRODUCT LIST

All herbs listed are available for custom tinctures and modification of standard solutions. Ratio of all herbs is 1:2 Percentage of alcohol varies for each herb in a range from 30% - 75%

If there is something you would like to have offered email info@bitterrootsapothecary.com to request

| | | |
|---------------------|--------------|-----------------|
| Ai Ye | Ba Ji Tian | Bai Bian Dou |
| Bai Dou Kou | Bai Guo Ye | Bai He |
| Bai Hua She She Cao | | |
| Bai Ji Li | | |
| Bai Jie Zi | Bai Mao Gen | Bai Qian |
| (Chao) Bai Shao | Bai Shao Yao | Bai Xian Pi |
| Bai Zhi | Bai Zhu | Bai Zi Ren |
| Ban Lan Gen | (Fa) Ban Xia | (Jiang) Ban Xia |
| Bei Mu (chuan) | Bei Sha Shen | Bian Xu |
| Bing Lang | Bo He | Bu Gu Zhi |
| | | |
| Cang Er Zi | Cang Zhu | Ce Bai Ye |
| Chai Hu | | |
| Chan Tui | Che Qian Zi | Chen Pi |
| Chi Shao | Chi Xiao Dou | |
| Chuan Lian Zi | Chuan Xiong | Da Fu Pi |
| Da Huang | Dan Nan Xing | Da Qing Ye |
| Da Zao | Dan Dou Chi | Dan Shen |
| Dan Zhu Ye | Dang Gui | Dang Shen |

| | | |
|----------------|----------------|----------------|
| Deng Xin Cao | Di Fu Zi | Di Yu |
| Di Gu Pi | Di Long | E Bu Shi Cao |
| Du Huo | Du Zhong | Fang Feng |
| E Jiao | E Zhu | Fu Pen Zi |
| Fang Ji | Fu Ling | (zhi) Fu Zi |
| Fu Shen | Fu Xiao Mai | |
| | | |
| Gan Cao | Gan Jiang | Gao Ben |
| Ge Gen | Gou Qi Zi | Gou Teng |
| Gu Sui Bu | Gua Lou | Gui Jiao |
| Gui Zhi | Hai Piao Xiao | |
| Hai Zao | Han Lian Cao | |
| He Huan Hua | He Huan Pi | He Shou Wu |
| Hei Zhi Ma | Hong Hua | Hou Po |
| Hu Huang Lian | Hu Zhang | Hua Jiao |
| Hua Shi | Huai Mi | Huang Bai |
| Huang Jing | Huang Lian | Huang Qi |
| Huang Qin | Huo Ma Ren | Huo Xiang |
| Ji Nei Jin | Ji Xue Teng | Jiang Ban Xia |
| Jiang Huang | Jlao Gu Lan | Jie Geng |
| Jin Qian Cao | Jin Ying Zi | Jin Yin Hua |
| Jing Jie | Ju Hong | Ju Hua |
| Jue Ming Zi | Ku Shen | Kun Bu |
| | | |
| Lai Fu Zi | Lian Qiao | Lian Zi |
| Lian Zi Xin | Ling Zhi | Long Dan Cao |
| Long Gu | Long Yan Rou | Lu Gen |
| Lu Jiao Jiao | Lu Lu Tong | Ma Huang |
| Ma Huang Gen | Ma Chi Xian | |
| Mai Men Dong | Mai Ya | |
| Man Jing Zi | Mang Xiao | Mei Gui Hua |
| Mo Yao | Mu Dan Pi | Mu Gua |
| Mu Li | Mu Tong | |
| Mu Xiang | Niu Bang Zi | |
| Niu Xi | Nu Zhen Zi | Pei Lan |
| Pi Pa Ye | Pu Gong Ying | Pu Huang |
| Qian Hu | Qian Shi | Qian Cao |
| Qiang Huo | | |
| Qin Jiao | Qing Hao | Qing Pi |
| Qu Mai | | |
| Ren Shen | Rou Cong Rong | Rou Dou Kou |
| Rou Gui | Ru Xiang | San Qi |
| Sang Bai Pi | Sang Ji Sheng | Sang Paio Xiao |
| Sang Ye | Sang Shen Zi | |
| Sang Zhi | Sha Ren | |
| Sha Shen | Shan Yao | Shan Zha |
| Shan Zhu Yu | She Gan | Shen Qu |
| Sheng Di Huang | Sheng Jiang | Sheng Ma |
| Shi Chang Pu | Shi Gao | Shi Jue Ming |
| Shi Jun Zi | Shu Di Huang | Suan Zao Ren |
| Suo Yang | Tao Ren | Tian Hua Fen |
| Tian Ma | Tian Meng Dong | Tian Nan Xing |
| Tong Cao | | |
| Tu Fu Ling | Tu Si Zi | Wa Leng Zi |

| | | |
|------------------|---------------|--------------|
| Wang Bu Liu Xing | Wei Ling Xian | |
| Wu Jia Pi | Wu Ling Zi | |
| Wu Mei | Wu Wei Zi | Wu Yao |
| Wu Zhu Yu | Xi Xian Cao | |
| Xi Xin | Xi Yang Shen | |
| Xia Ku Cao | Xian Mao | Xiang Fu |
| Xiao Hui Xiang | Xin Yi Hua | Xing Ren |
| Xu Duan | Xuan Shen | Yan Hu Suo |
| Ye Jiao Teng | Ye Ju Hua | Yi Mu Cao |
| Yi Yi Ren | Yi Zhi Ren | Yin Chai Hu |
| Yin Chen Hao | Yin Yang Huo | Yu Jin |
| Yu Li Ren | Yu Zhu | Yuan Zhi |
| Ze Lan | Ze Xie | Zhe Bei Mu |
| Zhen Zhu Mu | | |
| Zhi Gan Cao | Zhi Ke | Zhi Ma Huang |
| Zhi Mu | Zhi Shi | Zhi Zi |
| Zhu Ling | Zhu Ru | Zi Cao |
| Zi Hua Di Ding | Zi Su Ye | Zi Su Zi |
| Zi Wan | | |

BITTER ROOTS APOTHECARY FORMULA LIST

Standard formulas are tinctured at a ratio of 1:3 with 40% alcohol

| | | |
|--------------------------------|----------------------------|------------------------------|
| Ba Zhen Tang | Ban Xia Hou Po Tang | Ban Xia Bai Zhu Tian Ma Tang |
| Bao He Wan | Bei Mu Gua Lou San | Bu Zhong Yi Qi Tang |
| Chai Hu Shu Gan San | Chai Hu Long Gu Mu Li Tang | Chuan Xiong Cha Tiao San |
| Da Chai Hu Tang | Da Cheng Qi Tang | Dan Zhi Xiao Yao San |
| Du Huo Ji Sheng Tang | Gan Mai Da Zao Tang | Gan Mao Qing Re KeLi |
| Ge Gen Tang | Gui Pi Tang | Gui Zhi Fu Ling Wan |
| Gui Zhi Jia Long Gu Mu Li Tang | Hou Xiang Zheng Qi Tang | Jin Gui Shen Qi Wan |
| Li Zhong Wan | Liu Jun Zi Tang | Liu Wei Di Huang Wan |
| Long Dan Xie Gan Tang | Ma Zi Ren Wan | Shao Fu Zhu Yu Tang |
| Shen Ling Bai Zhu San | Shen Tong Zhu Yu Tang | Si Jun Zi Tang |
| Si Wu Tang | Suan Zao Ren Tang | Tian Ma Gou Teng Yin |
| Tian Wang Bu Xin Dan | Wen Dan Tang | Wen Jing Tang |
| Xiao Chai Hu Tang | Xiao Feng San | Xiao Yao San |
| Xue Fu Zhu Yu Tang | Yin Qiao San | Yu Ping Feng San |
| Zhi Bai Di Huang Wan | Zhi Gan Cao Tang | + More |

Some standard formulas are made up from single herbs - if we carry all of the single herbs in a particular formula we can make it even if it isn't listed! Feel free to contact us if you have any questions.

Pediatric Formulas - glycerine based with a small percentage of alcohol (<15%) for a longer shelf life.

Bu Zhong Yi Qi Tang
 Ge Gen Tang
 Shen Ling Bai Zhu San
 Yin Qiao San
 Yu Ping Feng San
 Immune Boost (modified Yu Ping Feng San)
 Calm

Signature Blends - these are formulations we have created and tested on patients, friends and family
 Immune Booster: huang qi, huang jing, ling zhi, gan cao, bai zhu, fang feng, ju hua, da zao
 De-Stress: mei gui hua, nettle, holy basil, ling zhi, he huan pi, he huan hua, yu jin, shi chang pu, bo he
 Sleep FX: suan zao ren, mei gui hua, he huan pi, lavender, hops, passionflower, yuan zhi, da zao
 UTI Prevention: nettle, hua shi, shan zha, hua jiao, huang bai, huang qi, dan pi, che qian zi

Western Herbs: Calendula, Cleavers, Hops, Lavender, Nettle, Passionflower and Lemon Balm

● DOSAGE GUIDELINES

Therapeutic dose

| Age | Amount | Frequency |
|---------------------------|---|-----------------|
| Adults | 2 - 3 ml (approximately 60-75 drops or 1/2 tsp) | 2 - 3 times/day |
| Children < 2 years old | 1 - 10 drops | 2 - 3 times/day |
| Children 2 - 5 years old | 10 - 20 drops | 2 - 3 times/day |
| Children 6 - 12 years old | 20 - 40 drops | 2 - 3 times/day |
| Children < 12 years old | 40 - 60 drops | 2 - 3 times/day |

Maintenance Dose

For adults 10 - 20 drops 1 - 2 times/day

For children a quarter to a third of the therapeutic dose

Dosage may need to be adjusted according to patient's constitution, size or sensitivity to herbs.

Drops should be added to a small amount of warm water (< 1/4 cup). To modify the taste drops may be added to weak tea or juice are also acceptable.

● CONTACT

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Statements made in this catalogue are not intended to diagnose or treat illnesses. All information provided is for educational purposes only.

