



BITTER ROOTS
apothecary

Welcome to Bitter Roots Product Guide!

Thank you for choosing 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/or lot tested for pesticides, aflatoxins. We also ensure herbs that are endangered species have been ethically harvested according to CITES. Our focus is on traditional East Asian medicine - providing common formulas and single herbs from the 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

HOW TO ORDER

1. Set up account at www.bitterrootsapothecary.com
2. After your account has been activated (usually takes 24 - 48hrs) login to place order
3. Payments are made by credit card, e-transfer.
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 on a sales receipt via email
6. Within 2 - 7 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 \$15 - \$30 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.

Direct to patient 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 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. Custom orders cannot be exchanged.

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 herb suppliers we do our own batch testing for mould and bacteria.

PRICING

BOTTLE SIZE	STANDARD COST/ML	STANDARD PRICE/BOTTLE	CUSTOM COST/ML	CUSTOM PRICE/BOTTLE
30 ml	\$0.66/ml	\$20	\$0.80/ml	\$24
60 ml	\$0.53/ml	\$32	\$0.63/ml	\$38
120 ml	\$0.42/ml	\$52	\$0.50/ml	\$60
250 ml	\$0.34/ml	\$85	\$0.40/ml	\$100
500 ml	\$0.32/ml	\$160	\$0.38/ml	\$190

Discounts are available for **Standard Formulations**

10% off for purchase of 5 bottles of the **same** formula and size (30 ml - 120 ml)

15% off for purchase of 10 bottles of the **same** formula and size (30 ml - 120 ml)

15% off is available for ATCMA members on **one** order per month. Log in to your ATCMA account and view the membership benefits to find the discount code.

TINCTURING PROCESS

All of our tinctures are extracted in small batches using cold percolation. We use 95% grain alcohol made in Canada, that is USP, FCC Grade, Gluten-Free, Vegan, Non-GMO, Kosher Certified. Chemical constituents are extracted from each herb at the optimal percentage by diluting the alcohol with distilled water. 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 in a 1:3 ratio at 30 - 40 %.

We also offer some standard formulas in glycerin and custom orders can be made in glycerin as well.

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.

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

Single Herbs

A - L	M - Z
Ai Ye	Ma Chi Xian
Ba Ji Tian	Ma Huang

A - L	M - Z
Bai Bian Dou	Mai Men Dong
Bai Dou Kou	Mai Ya
Bai Guo/ Bai Guo Ye	Man Jing Zi
Bai He	Mang Xiao
Bai Hua She She Cao	Mei Gui Hua
Bai Ji Li	Mo Yao
Bai Jie Zi	Mu Dan Pi
Bai Mao Gen	Mu Gua
Bai Qian	Mu Li
(Chao) Bai Shao	Mu Tong
Bai Shao Yao	Mu Xiang
Bai Tou Weng	Niu Bang Zi
Bai Xian Pi	Niu Xi
Bai Zhi	Nu Zhen Zi
Bai Zhu	Pei Lan
Bai Zi Ren	Pi Pa Ye
Ban Lan Gen	Pu Gong Ying
(Fa) Ban Xia	Pu Huang
(Jiang) Ban Xia	Qian Cao
(Chuan) Bei Mu	Qian Hu
(Zhe) Bei Mu	Qian Shi
Bei (Bi) Xie	Qiang Huo
Bian Xu	Qin Jiao
Bing Lang	Qing Hao
Bo He	Qing Pi
Bu Gu Zhi	Qu Mai
Cang Er Zi	Ren Shen

A - L	M - Z
Cang Zhu	Rou Cong Rong
Ce Bai Ye	Rou Dou Kou
Chai Hu	Rou Gui
Chan Tui	Ru Xiang
Che Qian Zi	San Qi
Chen Pi	Sang Bai Pi
Chi Shao	Sang Ji Sheng
Chi Xiao Dou	Sang Piao Xiao
Chuan Lian Zi	Sang Shen Zi
Chuan Xiong	Sang Ye
Da Fu Pi	Sang Zhi
Da Huang	Sha Ren
Da Qing Ye	Sha Shen
Da Zao	Shan Yao
Dan Dou Chi	Shan Zha
Dan Nan Xing	Shan Zhu Yu
Dan Shen	She Gan!
Dan Zhu Ye	Shen Qu
Dang Gui	Sheng Di Huang
Dang Shen	Sheng Jiang
Deng Xin Cao	Sheng Ma
Di Fu Zi	Shi Chang Pu
Di Gu Pi	Shi Gao
Di Long	Shi Jue Ming
Di Yu	Shi Jun Zi
Du Huo	Shu Di Huang
Du Zhong	Suan Zao Ren!

A - L	M - Z
E Bu Shi Cao	Suo Yang
E Zhu	Tai Zi Shen
Fang Feng	Tao Ren
Fang Ji	Tian Hua Fen
Fu Ling	Tian Ma
Fu Pen Zi	Tian Meng Dong
Fu Shen	Tian Nan Xing
Fu Xiao Mai	Ting Li Zi
(Zhi) Fu Zi	Tong Cao
Gan Cao	Tu Fu Ling
Gan Jiang	Tu Si Zi
Gao Ben	Wa Leng Zi
Ge Gen	Wang Bu Liu Xing
Gou Teng	Wei Ling Xian
Gou Qi Zi	Wu Jia Pi
Gu Sui Bu	Wu Ling Zi
Gua Lou	Wu Mei
Gui Zhi	Wu Wei Zi
Hai Piao Xiao	Wu Yao
Hai Zao	Wu Zhu Yu
Han Lian Cao	Xi Xin
He Huan Hua	Xi Xian Cao
He Huan Pi	Xi Yang Shen
He Shou Wu	Xia Ku Cao
He Zi	Xian Mao
Hei Zhi Ma	Xiang Fu
Hong Hua	Xiao Hui Xiang

A - L	M - Z
Hong Jing Tian	Xin Yi Hua
Hou Po	Xing Ren
Hu Huang Lian	Xu Chang Qing
Hu Zhang	Xu Duan
Hua Jiao	Xuan Shen
Hua Shi	Yan Hu Suo
Huai Mi	Ye Jiao Teng
Huang Bai	Ye Ju Hua
Huang Jing	Yi Mu Cao
Huang Lian	Yi Yi Ren
Huang Qi	Yi Zhi Ren
Huang Qin	Yin Chai Hu
Huo Ma Ren	Yin Chen Hao
Huo Xiang	Yin Yang Huo
Ji Nei Jin	Yu Jin
Ji Xue Teng	Yu Li Ren
Jiang Huang	Yu Zhu
Jiao Gu Lan	Yuan Zhi
Jie Geng	Ze Lan
Jin Qian Cao	Ze Xie
Jin Ying Zi	Zhe Bei Mu
Jin Yin Hua	Zhen Zhu Mu
Jing Jie	Zhi Gan Cao
Ju Hong	Zhi Ke
Ju Hua	Zhi Mu
Jue Ming Zi	Zhi Shi
Ku Shen	Zhi Zi

A - L	M - Z
Kun Bu	Zhu Ling
Lai Fu Zi	Zhu Ru
Lian Qiao	Zi Cao
Lian Zi	Zi Hua Di Ding
Ling Zhi	Zi Su Ye
Long Dan Cao	Zi Su Zi
Long Gu	Zi Wan
Long Yan Rou	
Lu Gen	
Lu Lu Tong	

BITTER ROOTS APOTHECARY FORMULA LIST

Standard formulas are tinctured at a ratio of 1:3 with 30 - 40% alcohol

Formulas are made according to dosages outlined in the *Chinese Herbal Medicine: Materia Medica*: Bensky, Dan, Gamble, Andrew

A - L	M- Z
Ba Zhen Tang	Ma Zi Ren Wan
Ban Xia Hou Po Tang	Mai Men Dong Tang
Ban Xia Bai Zhu Tian Ma Tang	Shao Fu Zhu Yu Tang
Bao He Wan	Shen Ling Bai Zhu San
Bei Mu Gua Lou San	Shen Tong Zhu Yu Tang
Bu Zhong Yi Qi Tang	Si Jun Zi Tang
Chai Hu Shu Gan San	Si Wu Tang
Chai Hu Long Gu Mu Li Tang	Suan Zao Ren Tang
Chuan Xiong Cha Tiao San	Tian Ma Gou Teng Yin
Da Chai Hu Tang	Tian Wang Bu Xin Dan
Da Cheng Qi Tang	Wan Dai Tang
Dan Zhi Xiao Yao San	Wen Dan Tang

A - L	M- Z
Du Huo Ji Sheng Tang	Wen Jing Tang
Gan Mai Da Zao Tang	Xiao Chai Hu Tang
Gan Mao Qing Re KeLi	Xiao Cheng Qi Tang
Ge Gen Tang	Xiao Feng San
Gui Pi Tang	Xiao Yao San
Gui Zhi Fu Ling Wan	Xue Fu Zhu Yu Tang
Gui Zhi Jia Long Gu Mu Li Tang	Yin Qiao San
Hou Xiang Zheng Qi Tang	You Gui Wan
Jin Gui Shen Qi Wan	Yu Ping Feng San
Li Zhong Wan	Zhi Bai Di Huang Wan
Liu Jun Zi Tang	Zhi Gan Cao Tang
Liu Wei Di Huang Wan	Zuo Gui Wan
Long Dan Xie Gan 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. 50% vegetable glycerin with 0% - 10% alcohol 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	DOSE	FREQUENCY
Adults	2 - 3 ml (approx 60 -75 drops or ½ 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 (approximately 30 ml). To modify the taste it is acceptable to add drops to weak tea or diluted juice.

CONTACT

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