

WALNUT CREEK
Botanicals LLC

Herbal Tincture Kits



Prices effective January 1, 2024

Why do so many people enjoy using our tincture kits?

Simple

Everything you need is in one handy package, except the liquids and some fresh ingredients. The herbs are pre-measured and come with easy to follow instructions. They really are quick and easy!

Customizable

Make your tinctures just how you like them. You can choose a glycerin or alcohol base and add a favorite herb for your own special touch!

Fresh

Herbs lose their potency with time. Our kits have the exact amount of herb needed... No left-overs to get old!

Effective

Our recipes come from well-respected herbalists. They are proven and effective.

Quality

Whenever possible, we source organic or wild crafted herbs.

Economical

Making your own tinctures with our kits is usually about one fourth the price of buying commercially prepared ones.



The statements in this book have not been evaluated by the FDA. These products are not intended to treat, diagnose, prevent, or cure any disease.

FLAT SHIPPING RATE \$7.95 | ORDERS OVER \$100 SHIP FREE

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Herbal Tincture Kits

Immune

Elderberry Immune
Garlic Immune Tonic
Herbal Internal
Immune Booster
Throat and Tonsil

Respiratory

Breathe Easy
Resp-Aid Syrup

Musculoskeletal

Calcium Combo
Complete Tissue Salve
Deep Tissue Oil

Nervous

Brain Formula
Sleepy Time
Serious Relaxer

Digestive

Bowel Formula
Colic Relief
Digestive Bitters
Digestive Tonic
Liver/Gallbladder
Para Cleanse
Yeast Away

Oral

Dental Health

Endocrine/Urinary

Adrenal Formula
Kidney/Bladder

Female

Herbal Iron
Ladies Formula

Male

Mens Formula



Each of our herbal tincture kits contains pre-measured herbs, detailed instructions, straining cloth, bottle or tins, and waterproof labels. It's easy to do!

- 1 Combine herbs with liquid
- 2 Let set for 4 weeks
- 3 Shake jar every few days
- 4 Strain with cloth bag
- 5 Pour tincture into dropper bottle
- 6 Add label and enjoy the benefits

Adrenal Formula Kit

Approximate Yield: 28 fl. oz.

The adrenal glands help the body deal with mental or physical stress. This kit contains a synergistic blend of herbs to make a tincture that supports adrenal health and function.

Ingredients:

Hawthorn berries, Licorice root, Ginger root, Cayenne fruit, Eleutherooccus root, Lobelia leaf, Gotu Kola leaf, Mullein leaf

\$28

Requires:

Option 1: 40 fl. oz. vodka
Option 2: 28 fl. oz. vodka
12 fl. oz. glycerin



Cayenne is packaged separately

Bowel Formula Kit

Approximate Yield: 36 fl. oz.

Herbs and supplies to make a tincture that supports a healthy digestive system. It is a great formula for the occasional slowdown of digestion that has you feeling a little too full. It is gentle enough for children, yet strong enough to be effective for adults.

Ingredients:

Hydrangea root, Turkey Rhubarb root, Fennel seed, Peppermint herb, Slippery Elm bark, Fenugreek seed, Lobelia herb

\$28

Requires:

Option 1: 50 fl. oz. vodka
Option 2: 22 fl. oz. vodka
28 fl. oz. glycerin
Option 3: 36 fl. oz. glycerin
12 fl. oz. water



NEW PRODUCT

Brain Formula Kit

Approximate Yield: 40 fl. oz.

Herbs and supplies to make a tincture to support brain health and function. It can be easily used by school children, adults, or those with an injury.

Ingredients:

Ginkgo leaf, Blue Vervain leaf, Ginger root, Gotu Kola leaf, Cayenne fruit, Blessed Thistle leaf, Rosemary leaf, Lobelia leaf

\$32

Requires:

Option 1: 48 fl. oz. vodka
Option 2: 32 fl. oz. vodka
16 fl. oz. glycerin



Cayenne is packaged separately

Breathe Easy Kit

Approximate Yield: 28 fl. oz.

Soothing herbs and supplies to make a tincture that may support healthy sinus, immune, and respiratory function.

Ingredients:

Echinacea root, Elecampane root, Mullein leaf, Chamomile flower, Passionflower herb, Lemon Verbena leaf

\$24

Requires:

Option 1: 32 fl. oz. vodka
Option 2: 12 fl. oz. vodka
20 fl. oz. glycerin
Option 3: 24 fl. oz. glycerin
8 fl. oz. water



Calcium Combo Kit

Approximate Yield: 40 fl. oz.

Mineral rich herbs and supplies to make a tincture that may nourish the nervous and musculoskeletal systems.

Ingredients:

Shavegrass herb, Oat straw, Nettle leaf, Corn silk, Chamomile flower, Scullcap leaf

\$22

Requires:

Option 1: 12 fl. oz. vodka
36 fl. oz. glycerin
Option 2: 36 fl. oz. glycerin
12 fl. oz. water



Colic Relief Kit

Approximate Yield: 24 fl. oz.

Herbs and supplies to make a soothing tincture that may calm your little one's tummy and help relieve gas pains.

Ingredients:

Fenugreek seed, Dill seed, Fennel seed, Chamomile flower, Catnip leaf

\$22

Requires:

24 fl. oz. glycerin
8 fl. oz. water



Complete Tissue Salve Kit

Approximate Yield: 16 oz.

Popular combination of herbs and supplies to make a salve that may support healthy function and aid healing of bone, muscle, ligaments, tendons, nerves and soft tissues.

Ingredients:

Comfrey root, White Oak bark, Gravel root, Mullein leaf, Marshmallow root, Black Walnut hulls, Wormwood leaf, Lobelia leaf, Scullcap leaf, Slippery Elm bark, Beeswax, Vit. E oil

\$36

Requires:

24 fl. oz. olive oil



Deep Tissue Oil Kit

Approximate Yield: 12 fl. oz.

Herbs and supplies to make a warming oil that may soothe sore muscles and promote circulation. This oil can also be used as a chest rub.

Ingredients:

Wintergreen ess. oil, Peppermint ess. oil, Menthol crystals, St. John's Wort flower, Ginger root, Cayenne fruit, Calendula flower, Arnica flower, Rosemary leaf

\$64

Requires:
10 fl. oz. olive oil



Optional Salve Kit Add-On

Approximate Yield: 14 oz.

Turn 3 oz. of your deep tissue oil into salve for less mess. Includes tins, labels, beeswax and vitamin E oil.

\$14

Requires:
8 fl. oz. olive oil



Dental Health Kit

Half Size: **\$26** Full Size: **\$42**

Approximate Yield: Full - 50 fl. oz.

Half - 25 fl. oz.

Herbs and supplies to make a tincture that supports healthy teeth and gums. May support remineralization and sensitivity relief.

Full Size Requires:

40 fl. oz. vodka
40 fl. oz. glycerin

Ingredients:

Black Walnut hull, White Oak bark, Marshmallow root, Peppermint leaf, Shavegrass, Comfrey leaf, Comfrey root



Comfrey is packaged separately

Digestive Bitters Kit

Approximate Yield: 32 fl. oz.

Bitter and warming herbs and supplies to make a tincture that stimulates the secretion of the body's natural digestive juices to optimize natural digestive function.

\$34

Requires:

Option 1: 48 fl. oz. vodka
Option 2: 36 fl. oz. vodka
12 fl. oz. glycerin

Ingredients:

Burdock root, Dandelion root, Orange peel, Fennel seed, Yellowdock root, Ginger root, Cinnamon bark, Angelica root, Gentian root, Dandelion leaf, Peppermint leaf



Digestive Tonic Kit

Approximate Yield: 24 fl. oz.

Herbs and supplies to make a tincture that may calm an upset stomach. Can be used with nausea from pregnancy and travel.

\$32

Requires:

16 fl. oz. vodka
32 fl. oz. glycerin

Ingredients:

Ginger root, Fennel seed, Peppermint leaf, Peppermint ess. oil



Elderberry Immune Kit

Approximate Yield: 30 fl. oz.

Herbs and supplies to make a tincture that combines the powerful benefits of elderberries and echinacea. Tastes great!

Ingredients:

Elderberries, Echinacea leaf, Echinacea root, Nettle leaf, Alfalfa leaf, Peppermint leaf

\$26

Requires:

- Option 1: 40 fl. oz. vodka
- Option 2: 16 fl. oz. vodka
24 fl. oz. glycerin
- Option 3: 30 fl. oz. glycerin
10 fl. oz. water



Garlic Immune Tonic Kit

Approximate Yield: Full - 128 fl. oz.

Half - 64 fl. oz.

Herbs and supplies to make an immune boosting tonic that strengthens the body's natural defense. Requires refrigeration.

Ingredients:

Comfrey root, Wormwood herb, Lobelia leaf, White Oak bark, Marshmallow root, Black Walnut hull, Mullein leaf, Scullcap leaf, Gravel root

Full Size: **\$66**

Half Size: **\$40**

Full Size Requires:

- 20 fl. oz. glycerin
- 32 fl. oz. apple cider vinegar
- 20 fl. oz. honey
- 2 lbs. fresh garlic



Comfrey is packaged separately

Herbal Internal Kit

See "Herbal Blends"

Herbal Iron Kit

Approximate Yield: 56 fl. oz.

Herbs and supplies to make a tincture that supplies iron and supports its uptake.

Ingredients:

Yellowdock root, Dandelion leaf, Nettle leaf

\$30

Requires:

- 18 fl. oz. vodka
- 48 fl. oz. glycerin
- 2 cups beets



Immune Booster Kit

Approximate Yield: Full - 60 fl. oz.

Half - 30 fl. oz.

Herbs and supplies to make a tincture that supports a healthy immune system. Kids even approve the taste!

Ingredients:

Echinacea leaf, Echinacea root, Elder flower, Yarrow flower, Peppermint leaf, Nettle leaf

Half Size: **\$20** Full Size: **\$30**

Full Size Requires:

- Option 1: 80 fl. oz. vodka
- Option 2: 40 fl. oz. vodka
40 fl. oz. glycerin
- Option 3: 60 fl. oz. glycerin
20 fl. oz. water



Kidney/Bladder Kit

Approximate Yield: 28 fl. oz.

Herbs and supplies to make a tincture that supports healthy function of the kidneys, bladder and entire urinary tract.

Ingredients:

Juniper berries, Burdock root, Parsley root, Pipsissewa herb, Goldenrod herb, Hydrangea root, Corn silk, Uva Ursi leaf, Shavegrass, Parsley leaf

\$30

Requires:

- Option 1: 40 fl. oz. vodka
- Option 2: 28 fl. oz. vodka
12 fl. oz. glycerin



Ladies Formula

Approximate Yield: 28 fl. oz.

Herbs and supplies to make a tincture that supports balanced hormones and nurtures the reproductive, endocrine and nervous systems. May ease occasional cramps and irritability.

Ingredients:

Dong Quai root, Wild Yam root, Chaste Tree berries, Damiana leaf, Licorice root, Valerian root, Juniper berries, Uva Ursi leaf, Passionflower herb, Hops flower

\$36

Requires:

Option 1: 44 fl. oz. vodka
Option 2: 28 fl. oz. vodka
16 fl. oz. glycerin



Liver/Gallbladder Kit

Approximate Yield: 30 fl. oz.

Herbs and supplies to make a tincture that supports liver and gallbladder function and their role in a healthy digestive system.

Ingredients:

Barberry root, Wild Yam root, Cramp bark, Fennel seed, Ginger root, Catnip leaf, Peppermint leaf

\$30

Requires:

Option 1: 44 fl. oz. vodka
Option 2: 28 fl. oz. vodka
16 fl. oz. glycerin



Mens Formula

Approximate Yield: 28 fl. oz.

Herbs and supplies to make a tincture to support male wellness. This stimulating blend is excellent for men looking to increase energy, concentration and endurance. It contains a powerhouse of hormonal balance support for the many stages of life when reproductive health, mental stability and physical vigor is desired. Suitable for pubescent to elderly men.

Ingredients:

Ashwagandha root, American Ginseng root, Eleuthero root, Motherwort herb, Nettle root, Fenugreek seed, Nettle seed, Pine pollen

\$36

Requires:

Option 1:
44 fl. oz. vodka
Option 2:
20 fl. oz. vodka
24 fl. oz. glycerin



NEW PRODUCT

Para Cleanse Kit

Half Size: **\$26** Full Size: **\$40**

Approximate Yield: Full - 64 fl. oz.

Half - 32 fl. oz.

Herbs and supplies to make a gentle, yet powerful tincture to help rid the body of unwelcome guests. For 2 year olds to adults. Full size kit yields enough tincture for 2 average adults and 6 children to complete 4 cleanses each.

Ingredients:

Black Walnut hull, Fennel seed, Olive leaf, Sage leaf, Papaya leaf, Peppermint leaf, Wormwood leaf, Catnip leaf, Male Fern root, Ginger root

Full Size Requires:

42 fl. oz. vodka
48 fl. oz. glycerin



Resp-Aid Syrup Kit

Approximate Yield: 26 fl. oz.

Herbs and supplies to make a tincture that supports respiratory function.

Ingredients:

Fenugreek seed, Fennel seed, Horseradish root, Mullein leaf, Peppermint leaf, Coltsfoot leaf, Plantain leaf, Boneset herb

\$24

Requires:

Option 1: 32 fl. oz. vodka
Option 2: 16 fl. oz. vodka
16 fl. oz. glycerin
Option 3: 24 fl. oz. glycerin
8 fl. oz. water



Serious Relaxer Kit

Approximate Yield: 30 fl. oz.

Herbs and supplies to make a tincture that nourishes the nervous system in times of stress or occasional sleep difficulties.

Ingredients:

Valerian root, Chamomile flower, Passion flower herb, Lemonbalm, Oatstraw, Scullcap leaf, Catnip leaf, Lobelia leaf, Hops flower

\$22

Requires:

Option 1: 42 fl. oz. vodka
Option 2: 30 fl. oz. vodka
12 fl. oz. glycerin



Sleepy Time Kit

Approximate Yield: 28 fl. oz.

Relaxing and calming herbs and supplies to make a tincture for children and babies.

Ingredients:

Chamomile flower, Passionflower herb, Lemonbalm leaf, Catnip leaf, Oatstraw, Hops flower

\$22

Requires:

26 fl. oz. glycerin
8 fl. oz. water



Throat and Tonsil Kit

Approximate Yield: 36 fl. oz.

Herbs and supplies to make an immune supporting tincture. The fig syrup coats the throat for localized action.

Ingredients:

Fig concentrate, Echinacea leaf, Echinacea root, Cayenne fruit, Peppermint Essential oil

\$36

Requires:

36 fl. oz. vodka
8 oz. fresh garlic



Cayenne is packaged separately

Yeast Away Kit

Approximate Yield: 44 fl. oz.

Herbs and supplies to make a tincture for giving your body the support it needs for seasonal and situational detoxification, for full-spectrum fungal defense and bacterial balance in the digestive system. Suitable for young and old alike.

Ingredients:

Black Walnut hull, Wormwood leaf, Echinacea root, Motherwort herb, Chickweed herb, Calendula flower, Cinnamon bark, Fennel seed

\$22

Requires:

Option 1
52 fl. oz. vodka
Options 2
24 fl. oz. vodka
28 fl. oz. glycerin



NEW PRODUCT

Herbal Teas

Be Calm Tea, 4 oz.

A pleasant relaxing tea.

Chamomile flower, Passionflower herb, Oatstraw, Peppermint leaf

\$9

Black Walnut Tea (powder), 6 oz.

A pleasant tasting tea that promotes dental health.

Comfrey root, Marshmallow root, Black Walnut hull, Anise seed

\$12

Calc Tea, 4 oz.

A tea made with calcium rich herbs.

Shavegrass, Nettle leaf, Raspberry leaf, Oatstraw, Plantain leaf, Lobelia leaf, Peppermint leaf

\$9

Immune Tea, 4 oz. (formerly Flu Tea)

A tea to support the immune system. Tastes great hot or cold!

Raspberry leaf, Alfalfa leaf, Nettle leaf, Peppermint leaf, Yarrow flower

\$9

Nursing Tea, 4 oz.

A tea that promotes milk production for lactating mothers.

Alfalfa leaf, Blessed Thistle herb, Raspberry leaf, Oatstraw, Chaste Tree berries, Anise seed, Peppermint leaf

\$9

Pregnancy Tea, 4 oz.

A tea that supports a healthy pregnancy.

Raspberry leaf, Alfalfa leaf, Nettle leaf, Peppermint leaf

\$9

Raspberry Mix Tea, 4 oz.

A tea that promotes healthy hormone levels in women and girls.

Raspberry leaf, Alfalfa leaf, Nettle leaf, Peppermint leaf, Chamomile flower, Rose hips

\$9

Respiratory Tea, 4 oz.

A tea that supports the immune system and respiratory tract.

Peppermint leaf, Oregano leaf, Echinacea leaf, Mullein leaf, Red Clover blossoms, Plantain leaf

\$9



Herbal Blends

Complete Tissue & Bone Products

A powerful blend of herbs, formulated by herbalist Dr. Christopher, that supports healthy bones, tissues, muscles, and nerves.

Comfrey root, White Oak bark, Marshmallow root, Mullein leaf, Black Walnut hull, Gravel root, Wormwood leaf, Skullcap leaf, Lobelia leaf, Slippery Elm bark

Complete Tissue Herb, with comfrey, 13 oz.	\$24.00
Complete Tissue Powder, with comfrey, 16 oz.	\$32.00
Complete Tissue Capsules, without comfrey, 100 ct	\$16.00
Complete Tissue Capsules, with comfrey, 300 ct	\$28.00
Complete Tissue Salve, with comfrey, 4 oz.	\$22.50

Healthy Hair Mix, 6 oz.

\$12

Herbs to nourish the scalp and promote hair growth, body, and shine!
5 treatments

*Nettle leaf, Nettle root, Oatstraw, Shavegrass, Lavender flower
(requires eggs and vinegar)*

Herbal Internal Mix, 5 oz.

\$12

Cleansing herbs to internally support healthy skin. Includes instructions and dosing information. Enough for 3 batches (Approximately 24 fl. oz. per batch). Requires 12 fl. oz glycerin. May require refrigeration.

Sarsaparilla root, Burdock root, Yellow Dock root

People's Paste Powder

1 oz. **\$6**

Powdered herbs to support wound healing.
Works great for animals too!

2 oz. **\$10**

Comfrey root, Slippery Elm bark, Myrrh root, Bayberry root, Garlic



Vegetable Glycerin

Our glycerin is pharmaceutical grade, palm derived, and GMO free.

- 1 Quart (32. fl. oz.) **\$12**
- 1/2 Gallon (64 fl. oz.) **\$21**
- 1 Gallon (128 fl. oz.) **\$35**

There is no extra charge for shipping glycerin.



Containers

- 2 oz. Amber bottle with dropper **\$1.50**
- 4 oz. Amber bottle with dropper **\$1.75**
- 8 oz. Amber bottle with dropper **\$2.25**
- 8 oz. Amber bottle with pump **\$2.75**
- 16 oz. Amber bottle with cap **\$2.75**
- 2 oz. Metal tin with screw lid **\$1.50**
- 4 oz. Metal tin with screw lid **\$2.00**
- 2 oz. Plastic container with screw lid **\$0.75**
- 4 oz. Plastic container with screw lid **\$0.85**



Books by Rachel Weaver

Rachel Weaver was a mother of 9 children, midwife and Master Herbalist who practiced natural herbal care for over 30 years. She offers many simple remedies with common herbs and household ingredients. Her popular books cover a myriad of common health concerns and help you take responsibility for your family's health.



Backyard Pharmacy, 256 pages

\$23

A guide for you to harvest free "medicine" in your backyard. Pictures for identification, lists of benefits, and recipes for many common herbs.

Be Your Child's Pediatrician, 256 pages

\$23

A companion book to "Be Your Own Doctor". Focuses on ailments, rashes, and other concerns that are common with children.

Be Your Own Doctor, 336 pages

\$23

If you only get one of her books, it should be this one. Covers a lot of basic health problems and common herbs and their uses.

Be Your Own Doctor II, 272 pages

\$23

An overflow of topics not covered in her first book. Covers more complex issues like diabetes, hypertension, osteoporosis, depression, cancer, Alzheimers, and more.

Tinctures, Salves, and Oils



Don't have time to make your own tinctures and salves? These high-quality products are commercially prepared by Natural Hope Herbals and are ready to use immediately.

Tinctures

Adrenal Support, 4 fl. oz.	\$31.50
Bowel Stim #1, 4 fl oz.	\$29.25
Brain Refresh, 4 fl. oz.	\$31.50
Calm Nerve, 4 fl. oz.	\$31.50
Dental Formula, 4 fl. oz.	\$23.25
Digestive Bitters, 4 fl. oz.	\$31.50
Digestive Tonic, 4 fl. oz.	\$30.75
Ech-N-Elder, 4 fl. oz.	\$31.50
Herbal Cal-Mag Syrup, 4 fl. oz.	\$23.25
Herbal Iron Syrup, 4 fl. oz.	\$29.25

Salves and Oils

Arnica Oil, 1 fl. oz.	\$14.50
Complete Tissue Salve, 4 oz.	\$22.50
Deep Tissue Oil, 2 fl. oz.	\$26.25
Deep Tissue Salve, 4 oz.	\$22.50
Mullein Garlic Ear Oil, 1 fl. oz.	\$12.75
Kidney/Bladder, 4 fl. oz.	\$31.50
Ladies Formula, 4 fl. oz.	\$31.50
Liver Formula, 4 fl. oz.	\$30.75
Men's Energy, 4 fl. oz.	\$33.75
Para Cleanse, 4 fl. oz.	\$26.25
Respiratory Aid, 4 fl. oz.	\$29.25
Tasty Echinacea, 4 fl. oz.	\$26.25
Tasty Natural Sleep, 4 fl. oz.	\$30.00
Throat & Tonsil, 4 fl. oz.	\$30.75
Tiny Tummy Calm, 4 fl. oz.	\$29.25
Yeast/Candida, 4 fl. oz.	\$30.75



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