



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

● 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, PayPal or 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 via email
6. Within 2 - 7 days your package will arrive :)

There are other ordering options available. Please email info@bitterroottsapothecary.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 \$12 - \$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.

● PRICING

	Standard cost/ml	Price/bottle	Custom cost/ml	Price/bottle
30 ml	\$0.53/ml	\$15.99	\$0.68/ml	\$20.40
60 ml	\$0.43/ml	\$25.80	\$0.52/ml	\$31.20
120 ml	\$0.35/ml	\$41.99	\$0.42/ml	\$50.40
250 ml	\$0.30/ml	\$75.00	\$0.36/ml	\$90.00
500 ml	\$0.29/ml	\$145.00	\$0.35/ml	\$175.00

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)

● 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% alcohol as the 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.

● 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	Bei (Bi) Xie	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 Gu Pi	Di Long	Di Yu
Du Huo	Du Zhong	E Bu Shi Cao
E Jiao	E Zhu	Fang Feng
Fang Ji	Fu Ling	Fu Pen Zi
Fu Shen	Fu Xiao Mai	(zhi) Fu Zi
Gan Cao	Gan Jiang	Gao Ben
Ge Gen	Gou Qi Zi	Gou Teng
Gu Sui Bu	Gua Lou	
Gui Zhi	Hai Piao Xiao	
Hai Zao	Han Lian Cao	He Huan Hua
He Huan Pi	He Shou Wu	Hei Zhi Ma
Hong Jing Tian	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 Huang	Jiao Gu Lan	Jie Geng
Jin Qian Cao	Jin Ying Zi	Jin Yin Hua
Jing Jie	Ju Hong (out of stock)	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 Lu Tong	Ma Huang	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 Xin	Xi Xian Cao
	Xi Yang Shen	
Xia Ku Cao	Xian Mao	Xiang Fu
Xiao Hui Xiang	Xin Yi Hua	Xing Ren
Xu Chang Qing	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.