

Bee Balm (Wild Bergamot) Tincture

(Monarda spp.)



Refuge Remedies

Overview:

Bee Balm is a vibrant, aromatic herb traditionally used to support seasonal wellness, respiratory comfort, and digestive balance. Long valued in North American herbal traditions, it is known for its warming, soothing nature and its role in supporting the body during times of seasonal change. Bee Balm is often chosen when the body feels taxed by environmental shifts, seasonal immune stress, or digestive discomfort. Its uplifting aroma and gentle action also make it a favorite for restoring balance during times of fatigue or seasonal overwhelm.

Traditionally Used to Support

- Seasonal immune wellness
- Respiratory comfort and clear breathing
- Digestive balance and soothing support
- Gentle circulatory stimulation
- Overall vitality during seasonal transitions
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Energetics & Herbal Notes

Bee Balm is traditionally described as warming, aromatic, and gently stimulating. It supports movement and flow in the body and is often used to help the system respond more comfortably to seasonal stressors. Its uplifting qualities can be both physically and emotionally supportive.

Suggested Use

Take 1-2 dropperfuls, 1-2 times daily.
Best used consistently during times of seasonal need.

Sublingual Use: Tinctures are commonly taken under the tongue, where small blood vessels allow for direct absorption. If the tincture feels too strong, mix with a few drops of water before placing under the tongue.
You can add it to a cup of water, juice or tea, if needed.

Ingredients: Heal-All (*Prunella vulgaris*), grain alcohol, distilled water, & vegetable glycerin

Disclaimer- This product is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA. Always DYOR (Do Your Own Research) & consult a qualified healthcare professional before using herbal products.

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