

Chickweed Plant Tincture

Stellaria media



Refuge Remedies

Overview

Chickweed is a delicate, cooling plant that grows abundantly in early spring and has been traditionally valued for its ability to soothe inflammation and support the body's natural cleansing processes. Often used both internally and externally, chickweed is especially known for its gentle, nourishing effects on the skin, lymphatic system, and overall balance.

Sourcing Note

This chickweed is thoughtfully sourced and prepared in small batches to preserve quality, potency, and freshness.

Key Natural Compounds & What They Do

Flavonoids & Phenolic Compounds — support antioxidant activity and help protect cells from oxidative stress.

Saponins — support lymphatic movement and assist the body in clearing waste and buildup.

Vitamins & Minerals (including vitamin C, iron, magnesium) — contribute to nourishment and overall tissue health.

Mucilage — provides soothing support to tissues and helps calm irritation.

Why Someone Might Choose this Tincture

People often select chickweed for supportive wellness when experiencing:

- General inflammation or internal heat
- Skin irritation or dryness
- Sluggish lymphatic movement
- Desire for gentle detox and cleansing support
- Seasonal transitions (especially spring renewal)

Chickweed is best known for providing gradual, supportive benefits rather than immediate results.

Suggested Use

Take 1 dropperful 1–3 times daily under tongue or in water, tea, or juice.

Short-term intensive use:

Up to 2 dropperfuls 2–3 times daily for brief periods if well tolerated.

Directions

Shake well. Hold under tongue 15–30 seconds before swallowing or dilute in beverage.

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

Chickweed aerial parts, 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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