

Goldenrod Tincture

(Solidago spp.)



Refuge Remedies

Overview

Goldenrod is a traditional herbal ally widely used to support seasonal wellness and the body's response to environmental changes.

Despite common misconceptions, Goldenrod is not a cause of seasonal allergies; instead, it has long been valued in herbal traditions for supporting balance during allergy season and times of seasonal stress. Goldenrod is often chosen when sinus discomfort, fluid retention, or inflammatory stress accompanies seasonal transitions. It is appreciated for its gentle yet supportive action in promoting comfort and resilience throughout the year.

Traditionally Used to Support

- Seasonal wellness and allergy support
- Sinus and upper respiratory comfort
- Healthy inflammatory response
- Fluid balance and elimination
- Overall resilience during seasonal transitions

Energetics & Herbal Notes

Goldenrod is traditionally described as warming, drying, and gently stimulating. It supports movement and balance within the body, particularly when seasonal changes contribute to congestion, heaviness, or discomfort.

Suggested Use

Take 1–2 dropperfuls, 1–2 times daily.

Often used during allergy season or periods of seasonal transition.

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. This past batch does appear to be very strong and bitter in taste because of the concentration of plant and solution is high.

Ingredients: goldenrod flowers/leaves, 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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