

Heal-All Plant Tincture

(*Prunella vulgaris*)



Refuge Remedies

Overview:

Heal-All is a time-honored herbal ally traditionally used to support overall wellness and seasonal balance. Known for its gentle yet restorative nature, this plant has been valued in folk and traditional herbal practices for centuries as a whole-body supportive herb. Heal-All is especially appreciated during times of seasonal stress, recovery, or when the body feels run down. Its cooling and soothing qualities make it a popular choice for those looking to support balance and resilience in a natural, plant-based way.

Traditionally Used to Support:

- Seasonal immune wellness
- Lymphatic system balance
- General recovery and resilience
- Cooling and soothing internal support
- Whole-body harmony during times of stress

Energetics & Herbal Notes:

Heal-All is traditionally described as cooling and balancing, making it well suited for times when the body feels overheated, inflamed, or taxed by seasonal changes. It is often chosen for gentle, longer-term support rather than quick or stimulating effects.

Suggested Use:

Take 1–2 dropperfuls, 1–2 times daily.
Consistency over time is typically preferred for this herb.

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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