

Honeysuckle Tincture

Botanical name: Lonicera japonica



Refuge Remedies

Traditional Herbal Profile

Honeysuckle has been traditionally valued in herbal practices for its gentle, cooling nature and its role in supporting balance within the body. It is commonly included in wellness routines during times of seasonal or environmental stress.

How to Take

Standard dose: 1–2 droppers (30–60 drops), 1–3× daily

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.

Natural Properties

- Flavonoids: traditionally valued for supporting antioxidant balance
- Phenolic acids (chlorogenic acid): commonly associated with the plant's calming and cooling nature. It can aid some of the body's natural defenses and calm inflammation
- Natural antiviral compounds: Historically included to help support healthy immune & seasonal defense responses
- Detoxifying & cooling properties: Encourage internal balance

Traditionally Used For

- Mild throat and respiratory discomfort
- Seasonal immune support
- Cooling the body's "heat" and inflammation

Ingredients

Honeysuckle flower, organic alcohol, vegetable glycerin & filtered water.

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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