

Mullein Leaf Tincture

Verbascum thapsus



Refuge Remedies

What Is Mullein?

Mullein is a tall, soft-leafed plant that has been traditionally valued in herbal practices for generations, particularly in relation to respiratory comfort and seasonal wellness. It is commonly found growing in open fields and along woodland edges.

Traditional & Wellness Profile

In traditional herbalism, mullein is known for its gentle, soothing nature. It has long been included in wellness routines to support comfort of the lungs and throat, especially during times of dryness, irritation, or seasonal challenge.

Traditionally Used to Support

Respiratory comfort and clear breathing

Throat and airway soothing

Seasonal wellness

Overall respiratory balance

“Nature’s Mucinex”

Ingredients

Mullein leaf (Verbascum thapsus), grain alcohol, distilled water & vegetable glycerin

How to Use

Typical use: 1–2 droppers (approximately 30–60 drops), 1–3x daily

May be taken directly or diluted in water or tea

Often used consistently over time as part of a seasonal or daily wellness routine

For sublingual use, place drops under the tongue. If the alcohol feels strong, mix with a few drops of water before placing under the tongue.

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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