

Passion Flower Tincture

(Passiflora incarnata)



Refuge Remedies

What is Passionflower?

Passionflower is a beautiful climbing vine that has been traditionally valued in herbal practices for its calming and soothing nature. It has long been included in wellness routines to support a relaxed mind and a sense of ease during times of stress or mental overactivity.

How to Take

Typical Adult Dose:

- 1-2 dropperfuls 2-3x day
- Take 1-2 dropperfuls in the evening before bed for sleep support
- Place drops under the tongue or in a small amount of water or tea.
- Start low and increase slowly to find what works best for your body.

Ingredients

Passionflower aerial parts (Passiflora incarnata), grain alcohol, vegetable glycerin, & distilled water.

Traditionally Used For

- Occasional stress or mental tension
- Restlessness or difficulty unwinding
- A calm transition into rest or sleep
- Emotional balance during demanding times
- Nervous stomach or tension headaches

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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