

Wild Lettuce Tincture

Lactuca spp.



Refuge Remedies

Common Names

Wild Lettuce, Bitter Lettuce, Opium Lettuce (traditional name)

Overview

Wild Lettuce is a calming, relaxing herb traditionally used to support the nervous system, promote relaxation, and ease physical tension.

It has a long history of use in folk and traditional herbal practices for helping the body unwind during times of stress, restlessness, or discomfort.

Wild Lettuce is especially valued when tension, stress, or overexertion contributes to physical discomfort or difficulty resting.

Rather than acting as a strong sedative, it gently supports the body's natural ability to relax and release tension.

Traditionally Used to Support

- Nervous system calm and relaxation
- Occasional muscle tension or physical discomfort
- Stress-related aches or tightness
- Restlessness or difficulty unwinding
- Evening and wind-down routines

Energetics & Herbal Notes

- Wild Lettuce is traditionally described as cooling, bitter, and relaxing. It is often used for discomfort associated with tension or overactivity rather than acute injury.
- Many people prefer Wild Lettuce later in the day, especially when discomfort interferes with rest or relaxation.
- May cause drowsiness in some individuals
- Avoid driving or operating heavy machinery until you know how it affects you

Suggested Use

Take 1–2 dropperfuls, 1–2 times daily, or as needed.

Often used in the evening or during periods of increased stress or physical tension.

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: Wild Lettuce (Lactuca spp.), 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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