NEAL'S YARD REMEDIES

Vitalise tincture
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Herbal tinctures can be a great way to help reinvigorate body and mood. This tincture is easy to use and can help revitalise.

Ingredients

**Rosemary Herbal Tincture***
- 30ml
Can help to invigorate

**Oats Herbal Tincture*** - 35ml
Mineral rich

**Siberian Ginseng Herbal Tincture*** - 40ml
Helps to aid stamina and focus

**Liquorice Herbal Tincture***
- 10ml
Traditionally used to support us through busy times

**Ginkgo Herbal Tincture***
- 30ml
Traditionally used to support healthy circulation

**Ginger Herbal Tincture*** - 5ml
Helps to warm and invigorate the body and digestion

Ask a member of staff to make the blend for you in-store

How to use

1. Add 2ml of the tincture to a small glass of water
2. Take up to 3 times daily

Recipe by Tipper Lewis, Head of Training & Naturopathic Herbalist at Neal's Yard Remedies

*Available in Neal's Yard Remedies stores and online at nealsyardremedies.com