



HOW TO MAKE AN HERBAL GLYCERITE



A non-alcohol herbal extract made with vegetable glycerin

A glycerite is an herbal preparation made by extracting plant compounds into food-grade vegetable glycerin. Glycerites are often chosen when someone wants a sweet, alcohol-free preparation.

WHAT YOU'LL NEED

- ☐ Dried, correctly identified herb
- ☐ Food-grade vegetable glycerin
- ☐ Distilled water
- ☐ Clean, completely dry glass jar
- ☐ Fine strainer or cheesecloth
- ☐ Dark glass bottle
- ☐ Label & marker

STEP 1 – PREPARE

For beginners, dried herbs are recommended because fresh plants introduce moisture.

Gently crumble or chop the herb.

Place it loosely into your clean, dry jar.

STEP 2 – MAKE THE MENSTRUUM

A common starting mixture is approximately:

3 parts vegetable glycerin + 1 part distilled water

The small amount of water helps extract some water-soluble compounds.

STEP 3 – COMBINE

Pour the glycerin mixture over the herbs until they are completely covered.
Stir gently to remove air pockets.
Seal tightly.

STEP 4 – INFUSE

Store in a cool, dark place for approximately 2–6 weeks.

Shake gently every day or two.

Keep the plant material submerged.

STEP 5 – STRAIN & BOTTLE

Strain thoroughly through cheesecloth or a fine strainer.

Press the herbs gently to recover as much liquid as possible.

Transfer to a clean, dark glass bottle.

Label with:

Herb:

Plant part:

Glycerin/water ratio:

Date made:

STORAGE

Glycerites generally have a shorter shelf life than alcohol-based tinctures.

Store according to the specific recipe and glycerin concentration used. Refrigeration can help extend freshness.

Discard if you notice mold, fermentation, unusual bubbling, or an unpleasant odor.

IMPORTANT

Glycerin does not extract every plant compound the same way alcohol does.

Some herbs are better suited to alcohol, water, oil, or another preparation.

Don't assume a glycerin is an equivalent substitute for a tincture.

Some herbs can interact with medications or may not be appropriate for pregnancy, breastfeeding, children, or certain medical conditions.