Making your own Echinacea tincture is easy! It also makes it more affordable than buying your tinctures at the store. When looking for Echinacea root buy from cultivated sources only (and consider growing it yourself!) I buy all of my Echinacea angustifolia roots from Mountain Rose Herbs.

**Ingredients**

- 150 grams dried finely chopped Echinacea angustifolia root (approximately 1 1/2 cups)
- 750 ml 100 proof vodka

1. Place the Echinacea root in a 1-quart jar.
2. Pour the vodka over the Echinacea root.
3. Cover the jar and shake well. Continue to shake the jar every day for 1 week, and then every few days while it is macerating, or extracting, over the next 6 weeks.
4. You’ll notice that the Echinacea root will expand as it soaks up the alcohol. If the roots expand so much that the alcohol no longer covers them, add a bit more vodka. However, you want to add as little as possible to avoid diluting the mixture too much.
5. After 6 weeks, give the jar one last really good shake. Then strain the roots through cheesecloth, squeezing it well.
6. Using a small funnel, pour the tincture into clean dropper bottles. Store in a cool, dark place.