

# HOW TO PREPARE MULLEIN

## — Simple Herbal Preparations —

### HERBAL TEA

1. Steep 2 tablespoons dried mullein leaf in 1 cup hot water for 15–20 minutes.
2. Strain thoroughly to remove fine hairs, and drink warm.

### INFUSED OIL

1. Fill a jar  $\frac{3}{4}$  full with dried mullein flower.
2. Cover with oil, infuse in a warm location for 4–6 weeks, then strain & bottle.



### SMOKE PREPARATION

1. Dry mullein leaf thoroughly, then crumble.
2. Burn a pinch as needed to clear and soothe respiratory passages.

### KEY CONSTITUENTS

1. Dry mullein leaf thoroughly, then crumble.
2. Burn a pinch as needed to clear and soothe respiratory passages.



### POWDER

1. Grind dried mullein leaf to a fine powder.
2. Use may be incorporated into capsules or formulations.



### TINCTURE

1. Fill a jar  $\frac{3}{4}$  full with mullein leaf and/or flower.
2. Cover with high-proof alcohol and infuse for 4–6 weeks.
3. Strain, bottle & label.



### — MULLEIN RESTORES BOUNDARIES —

Strengthens the body's protective barriers, supports gradual respiratory restoration, and steadies overly irritated systems.