



Nefer Kali Healing Guide

Uatchet Tincture



Directions:

For optimal results with this tincture, begin with a small dose on the first day to allow your body to acclimate. Thereafter, use 11 drops twice daily, ideally 2-3 hours before bedtime. As you become attuned to its effects, you may adjust the dosage to

Ingredients:

Organic Black Reishi, Organic Blue Vervain, Organic 200 Proof Cane Spirits, Distilled Water

Peace and Light, it is amazing that you are here. Let's dive into our Uatchet Nervine Tincture.

Benefits

Anxiety Reduction: Blue Vervain is known for its calming effects, making this tincture an excellent choice for reducing anxiety and promoting a sense of tranquility.

Improved Sleep Quality: Black Reishi, recognized for its sedative properties, aids in enhancing sleep quality. It can help in easing insomnia, leading to more restful and rejuvenating sleep.

Stress Relief: Both Blue Vervain and Black Reishi have adaptogenic qualities, which means they help the body adapt to stress and exert a normalizing effect upon bodily processes, reducing overall stress levels.

Nervous System Support: Blue Vervain acts as a nervine, which means it helps strengthen and tone the nervous system, making it beneficial for those dealing with nervous tension or stress-related issues.

Immune System Boost: Black Reishi is also renowned for its immune-boosting properties, helping to enhance the body's defense mechanisms against various pathogens and diseases.

Health Disclaimer

The information provided on this guide is for educational and informational purposes only and is not intended as medical advice. The content has not been evaluated by the Food and Drug Administration (FDA) and is not intended to diagnose, treat, cure, or prevent any disease. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this guide. If you think you may have a medical emergency, call your doctor or emergency services immediately.