

## MAKE A TINCTURE USING FRUIT EXTRACTS

Extract	Ratio	Amount needed for 100 ml Tincture (Alcohol/Water/Glycerine)
Apple Powder	12:1	1.6 g
Banana Powder	7:1	2.85 g
Guava Powder	8:1	2.5 g
Lime Powder	9:1	2.22 g
Mango Powder	7:1	2.85 g
Orange Powder	9:1	2.22 g
Papaya Powder	10:1	2 g
Pineapple Powder	6:1	3.33 g
Strawberry Powder	10:1	2 g
Watermelon Powder	14:1	1.42 g

Fruit extracts are most easily added to formulations by first dissolving the extract in a suitable solvent such as alcohol (vodka or another grain alcohol with less scent), water, glycerin or mixture of solvent (water: alcohol or water: glycerin) and adding this tincture to your product. Not all extracts are completely soluble, so you may see some residue after it has been blended and if necessary, this can be removed using a filter. The MSDS information will indicate if an extract is only partially soluble.

Unlike herbal plant tinctures, there is no need to let the tincture sit and leech out the constituents of the plant material. This has already been done during the extraction process and the aim is to simply liquefy the powder so that it can evenly blend into your product. So once the fruit extract moistened with the solvent, it can be used right away.

Normally, a 100 ml tincture should be equivalent to 20 g of the raw plant. For example, Apple powder has an extract ratio of 12:1 meaning 12 Kg of Apple extract is used to produce 1 Kg of extract. Since you want the 100 mL tincture to contain 20 g of the raw fruit, you should add 1.6 g (refer to the table above) of extract to 100 ml of suitable solvent.

***Remember that with the tincture, once they are moistened, they must be used right away unless a proper preservative is used.***