

# HERBAL PREPARATION SHELF LIFE

5 FACTORS THAT AFFECT HERBAL PREPARATION SHELF-LIFE & POTENCY



## HERBAL PREPARATIONS SHELF LIFE

MIXED SOLVENT PREPARATIONS	OIL-BASED PREPARATIONS	ALCOHOL-BASED PREPARATIONS	WATER-BASED PREPARATIONS
 <p><b>Syrups:</b> 1-2 months (low sugar) 1 year (high sugar)</p> <p><b>Oxymels:</b> 6 months (fresh herbs) 12 months (dried herbs)</p> <p><b>Elixirs:</b> 1-2 years</p>  <p><b>Creams and Lotions:</b> unpreserved: 1-2 weeks (refrigerated) preserved: check preservative label</p>	 <p><b>Infused Oils:</b> 6 months to 3 years</p>  <p><b>Salves:</b> 6 months to 3 years</p>	 <p><b>Tinctures:</b> 1-2 years (3-5 years w/ high-proof alcohol)</p> <p><b>Liniments:</b> 3-5 years</p>	 <p><b>Teas, Infusions, and Steeped Compresses &amp; Fomentations:</b> 24 hours</p> <p><b>Poultices:</b> 24 hours</p> <p><b>Decoctions and Decocted Compresses, Fomentations:</b> 48 hours</p> <p><b>Hydrosols:</b> 1-2 years</p>
VINEGAR-BASED PREPARATIONS	SUGAR BASED PREPARATIONS	DRY OR POWDERED PREPARATIONS	
 <p><b>Vinegar Tinctures:</b> 6 months</p>	 <p><b>Herbal Honeys:</b> 1 year (dried herbs)</p> <p><b>Electuaries:</b> 1 year</p> <p><b>Lozenges:</b> 6 months</p> <p><b>Glycerites:</b> 1 year</p>	 <p><b>Dry Herbs:</b> 1-2 years</p> <p><b>Powdered Herbs:</b> 6-12 months</p> <p><b>Capsules:</b> 1 year</p> <p><b>Pastilles:</b> 6 months</p>	



# USING YOUR SENSES TO TELL WHEN AN HERBAL PREPARATION HAS GONE BAD



## *SIGHT*

Does it look different from when you first made it? Has the color changed? Do you see cloudy matter floating in the liquid? Is there mold growing on the surface?



## *TASTE*

Does it taste strange? Perhaps a little sour, fizzy, or alcoholic when it was once sweet or savory?



## *SMELL*

Does it smell different? Most freshly made herbal preparations will have an herby scent, smelling similar to the herb itself, or a scent reflecting the solvent used (tinctures smelling like alcohol, oxymels smelling like vinegar).



## *TOUCH*

Does it feel different? Is it gooey or slimy feeling? Has it gone from smooth to grainy?