#1- **Herbs appropriate for making as a Fluidextract**

Herbs that are particularly useful as fluidextracts are underlined.
The rest are used to decrease formula volume and alcohol consumption.

Achillea HERB	Batch 1, 70% alcohol
Agave ROOT	Batch 1, 70% alcohol
Agrimonia HERB	Batch 1, 70% alc.
Agropyron RT/Stems	Batch 1, 70% alc.
Alchemilla HERB	Batch 1, 65% alcohol, add 10% glycerin
Ambrosia HERB	Batch1, 70% alcohol
Anemopsis ROOT	Batch 1, 80% alcohol
Angelica ROOT	Batch 1, 80% alcohol
Aralia nudicaulis ROOT	Batch 1, 75% alc.
Aralia racemosa ROOT	Batch 1, 70% alc.
Arctium ROOT	Batch 1, 80% alcohol
Asarum ROOT	Batch 1, 80% alcohol
Asclepias asperula ROOT	Batch 1, 70% alc.
Asclepias tuberosa ROOT	Batch 1, 70% alc.
Astragalus membranaceus ROOT	Batch 1, 75% alcohol
Balsamorhiza ROOT	Batch 1, 80% alc.
Betula BARK	Batch 1, 65% alc, add 10% glycerin
Brickellia HERB	Batch 1, 70% alcohol
Caffea RST. BEANS	Batch 1, 60% alc.
Calendula FLOWERS	Batch 1, 85% alc.
Cannabis HERB	Batch 1, 90% alcohol
Castela emoryi HERB	Batch 1, 70% alc.
Caulophyllum ROOT	Batch 1, 80% alc.
Ceanothus ROOT	Batch 1, 65% alcohol, add 10% glycerin
Centella asiatica HERB	Batch 1, 70% alc.
Chamælirium ROOT	Batch 1, 75% alc.
Chilopsis BRK/TWG	Batch 1, 65% alc.
Chimaphila HERB	Batch 1, 70% alc.
Chionanthus BARK	Batch 1, 80% alc.
Cichorium ROOT	Batch 1, 75% alcohol
Cimicifuga ROOT	Batch 1, 90% alcohol
Cnicus HERB	Batch 1, 80% alc.
Cola nitida SEED	Batch 1, 70% alcohol, add 10% glycerin
Coptis ROOT	Batch 1, 70% alcohol

Cubeba BERRIES	Batch 1, 90% alcohol
Curcuma ROOT	Batch 1, 75% alcohol
Cynara TOPS	Batch 1, 70% alcohol
Dioscorea ROOT	Batch 1, 80% alcohol
Echinacea angustifolia ROOT	Batch 1 85% alcohol
Eleutherococcus ROOT	Batch 1, 75% alc.
Eriodictyon HERB	Batch 1, 90% alcohol
Eupatorium purpureum ROOT	Batch 1, 75% alcohol
Garrya LEAVES	Batch 1, 70% alcohol
Ginkgo LEAVES	Batch 1, 75% alcohol
Glycyrrhiza ROOT	Batch 1, 70% alcohol
Grindelia TOPS	Batch 1, 85% alcohol
Harpagophytum ROOT	Batch1, 80% alc.
Hydrangea ROOT	Batch 1, 70% alcohol
Inula ROOT	Batch 1, 75% alcohol
Juglans cineria BARK	Batch1, 70% alc. add 10% glycerin
Larrea HERB	Batch 1, 90% alcohol
Linaria HERB	Batch 1, 75% alcohol
Mahonia ROOT	Batch 1, 70% alcohol
Marrubium HERB	Batch 1, 70% alcohol
Mitchella HERB	Batch 1, 70% alcohol, add 10% glycerin
Oplopanax ROOT	Batch 1, 80% alcohol
Osmorhiza ROOT	Batch 1, 80% alcohol
Passiflora HERB	Batch 1, 65% alcohol
Paullinia SEED	Batch 1, 70% alc, add 10% glycerin
Pedicularis HERB	Batch 1, 70% alcohol
Petroselinum ROOT	Batch 1, 80% alc.
Picræna WOOD	Batch 1, 70% alcohol
Piper methysticum ROOT	Batch 1, 75% alc.
Piscidia BARK	Batch 1, 80% alcohol
Pluchea HERB	Batch 1, 75% alcohol
Polygonam multiflora ROOT	Batch 1, 70% alc.
Populus tremul. BARK	Batch 1, 70% alc.
Ptychopetalum WOOD	Batch 1, 80% alc.
Rhamnus (all) BARK	Batch1, 70% alc.
Salix BARK	Batch 1, 70% alcohol
Serenoa BERRIES	Batch 1, 85% alcohol
Silybum SEEDS	Batch 1, 80% alcohol
Smilax ROOT	Batch 1, 75% alcohol
Tabebuia BARK	Batch 1, 70% alcohol

Taraxacum ROOT	Batch 1, 65% alcohol
Turnera HERB	Batch 1, 75% alcohol
Usnea LICHEN	Batch 1, 70% alcohol
Vaccinium HERB	Batch 1, 65% alcohol
Valeriana ROOT	Batch 1, 80% alcohol
Verbascum ROOT	Batch 1, 70% alcohol
Viburnum (all) BARK	Batch 1, 70% alc.
Viscum HERB	Batch 1, 70% alcohol
Vitex SEEDS	Batch 1, 80% alcohol
Xanthoxylum BARK	Batch 1, 70% alc.

PERCOLATION WORKSHEET - F.E.

Botanical Name

Common Name

Part Used _____ Date

Weight of dried herb _____ ounces

[_____ grams]

Recommended strength 1:1 (weight to volume), therefore: Finished volume is (oz/ml)

1. Menstruum #1 proportions: ____% alcohol, ____% water, ____% glycerin

1a (Generally add 15-20% more alcohol for 1st menstruum than recommended tincture %)

2. Volume taken up by ground, compressed herb is approx.: ____oz.[_____*ml*]

2a First percolation should be 75% of finished volume

3. Intended final volume of **first percolate** is to be: _____oz. [_____*ml*]

4. First menstruum needed is calculated by adding #2 ____oz.[_____*ml*] AND #3 ____oz.[_____*ml*], resulting in ____oz.[_____*ml*]

This is the total volume of starting menstruum you need to mix together for **first percolation**.

5. ____oz *(ml)* (total menstruum) X ___% alc. = _____ oz *(ml)* alcohol

____oz *(ml)* (total menstruum) X ___% H20 = _____ oz *(ml)* water

____oz *(ml)* (total menstruum) X ___% glyc.= _____ oz *(ml*) glycerin

IT SHOULD ALL TOTAL 100% of NEEDED FIRST MENSTRUUM

••TO MOISTEN HERB, start with 2/3 of #2, or _____oz *(ml)* of menstruum.
••Set aside in closed container for at least twelve hours (24 is better)
••Pack in cone, with filter paper below, filter paper above
••Pour menstruum on packed herb, make sure menstruum descends herb column evenly, drip out the bottom (controlling speed with the screw cap if necessary) at a rate of one or two drips a second. (Two drips a second is "Star's and Stripes Forever" march tempo)
••Catch first drip in first of two empty measuring beakers.
Remove first beaker when #3 volume is reached. If the layer of menstruum is in danger of sinking below the top of the herb column, add some water (if the botanical is woody or leafy) or a pint or two of 50% /water if the botanical is a dense, starchy root or high in resins)
••Catch the rest of the second percolation in the second, beaker, setting the first drip aside and.covered
••If you didn't add additional menstruum, do so now. Menstruum #2 is variable, both in valume AND alcohol percentage. Generally, add at least as much second menstruum as 3X the finished volume. For MOST herbs, 33% alcohol is enough. For simple woody bitters, such as Mahonia, water alone is enough; for starchy roots or resinous botanicals you may need 50% alcohol.
••Finish dripping second percolate (pressing the marc is fine).
••Evaporate 2nd Percolation in a double boiler until 25% of finished volume, or
oz/ml
••Add the 1st percolate (75% of final volume) to 2nd percolate (25% of final volume).
••Final volume is a 1:1 fluidextract.
••If your final volume is off by 15% to 473%, please describe what might have gone wrong on the
back side of this sheet, and whom you might be able to blame (excluding the Club of Rome)