

# Dried Juniper Berries

*Aromatic berries traditionally used for digestive and cleansing herbal support.*

**Official Botanical Name:** *Juniperus communis*

**Brief Description:** Juniper berries are traditionally used in herbal wellness routines for digestion, aromatic bitters, and cleansing-inspired formulas.

## Benefits

- Traditionally used for digestive wellness
- Aromatic botanical support
- Popular in cleansing-style blends
- Supports warming herbal preparations
- Rich in aromatic plant compounds

## Ways to Use

- Tea or decoction
- Culinary seasoning
- Herbal bitters
- Steam and aromatic rituals

## Instructions

- Lightly crush before steeping.
- Use small amounts due to potency.
- Store tightly sealed away from sunlight.

**Suggested Adult Use:** Use moderately and short term only.

**Medication Warnings & Safety Notes:** Avoid during pregnancy, kidney disease, breastfeeding, or long-term daily use. Use caution with diabetes medication and diuretics.

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Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.