



## Immune Boosting Tonic (Concentrate)

A warming, citrus-forward tonic, with **anti-inflammatory, antimicrobial, antioxidant rich** properties.

This concentrate used daily will boost your immune system and support healthy digestion.

Prepared using traditional ingredients, balanced for flavour, and suitable for short-term refrigerated storage.

### Description

This immune tonic concentrate is a thoughtfully balanced blend of lemon, ginger, turmeric, aromatic spices, herbs, and manuka honey. It is designed to be **bold, spicy, and medicinal yet flavourful**, and diluted with hot water before drinking. The result is a warming, soothing, and boosting tonic, which can be taken either when feeling a cold coming on / sore throat, or generally sluggish, if you are suffering digestive issues, but it's also suitable for regular use as part of a normal healthy diet.

### Daily Use Guide

Shake gently before use.

**Adults:** 1–2 tablespoons diluted in a small amount of hot (not boiling) water, once daily (up to twice if desired)

**Sensitive palates / first use:** Start with 1 tablespoon, well diluted

**Children:** 1–2 teaspoons, well diluted in warm water

### Storage & Notes

- Due to the high turmeric content, the concentrate is yellow and can stain surfaces. Please wipe up any drips / spills as soon as possible
- Always dilute before consuming
- Store sealed in the refrigerator
- Keeps for approximately **3–4 weeks**
- The tonic is **not fermented**. Acidity from lemon, combined with honey and refrigeration, supports freshness and stability.
- Discard if fizzing, pressure, or an alcoholic/off smell develops



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### Why These Ingredients Work Well

Ingredient	Overview / General Properties	Digestive & Metabolic Support	Antioxidant & Immune Support
<b>Lemon</b>	Traditionally used to support digestive balance and general wellbeing. Contains vitamin C and citric acid; provides small amounts of potassium which contributes to normal nerve and muscle function. Often added to water to enhance palatability and hydration.	<ul style="list-style-type: none"> <li>• Traditionally used to stimulate digestive secretions</li> <li>• May support digestive comfort when diluted</li> <li>• Traditionally associated with supporting normal liver function</li> </ul>	<ul style="list-style-type: none"> <li>• Contains vitamin C which contributes to the protection of cells from oxidative stress</li> <li>• Supports normal immune function as part of a balanced diet</li> </ul>
<b>Turmeric</b>	Traditionally used to support joint comfort and general wellbeing. Contains curcumin, a naturally occurring plant compound with antioxidant properties.	<ul style="list-style-type: none"> <li>• Traditionally used to support bile flow and fat digestion</li> <li>• May support digestive comfort</li> <li>• Used historically to support gut balance</li> </ul>	<ul style="list-style-type: none"> <li>• Contains antioxidants that help protect cells from oxidative stress</li> <li>• Traditionally associated with supporting immune balance</li> </ul>
<b>Ginger</b>	Traditionally used to support digestion and circulation. Contains gingerols and related compounds that contribute to its warming characteristics.	<ul style="list-style-type: none"> <li>• Traditionally used to support digestive efficiency</li> <li>• May help maintain digestive comfort, including feelings of fullness or bloating</li> <li>• Associated with supporting normal metabolic activity</li> </ul>	<ul style="list-style-type: none"> <li>• Contains naturally occurring antioxidants</li> <li>• Traditionally used to support the body's natural defences</li> </ul>
<b>Cloves</b>	Traditionally valued for their aromatic and preservative qualities. Naturally rich in plant compounds including eugenol.	<ul style="list-style-type: none"> <li>• Traditionally used to support digestion and reduce digestive discomfort</li> <li>• Associated with maintaining digestive balance</li> </ul>	<ul style="list-style-type: none"> <li>• Naturally high in antioxidant compounds</li> <li>• Traditionally used to support the body's natural defences</li> </ul>
<b>Cinnamon</b>	Traditionally used to support digestive comfort and metabolic balance. Contains naturally occurring polyphenols and aromatic compounds.	<ul style="list-style-type: none"> <li>• Traditionally associated with supporting digestion</li> <li>• May help maintain normal blood sugar balance as part of a healthy diet</li> <li>• Warming properties traditionally linked to digestive support</li> </ul>	<ul style="list-style-type: none"> <li>• Contains antioxidants which contribute to protection from oxidative stress</li> <li>• Traditionally used for its preservative qualities</li> </ul>
<b>Garlic</b>	Traditionally used to support overall vitality and wellbeing. Contains sulphur-containing compounds naturally present in the plant.	<ul style="list-style-type: none"> <li>• Traditionally used to support digestion and gut balance</li> <li>• Associated with supporting normal liver function</li> </ul>	<ul style="list-style-type: none"> <li>• Traditionally used to support the body's natural defences</li> <li>• Contains antioxidant compounds</li> </ul>
<b>Rosemary</b>	Traditionally used to support digestion, circulation, and mental clarity. Contains aromatic oils and rosmarinic acid.	<ul style="list-style-type: none"> <li>• Traditionally associated with supporting bile flow and digestion</li> <li>• May support digestive comfort</li> </ul>	<ul style="list-style-type: none"> <li>• Contains antioxidants that help protect cells from oxidative stress</li> <li>• Traditionally used to support general wellbeing</li> </ul>
<b>Manuka Honey</b>	Traditionally used for its soothing and preservative qualities. Contains naturally occurring sugars, enzymes, and plant-derived compounds.	<ul style="list-style-type: none"> <li>• Traditionally used to soothe the digestive tract</li> <li>• Supports digestive comfort as part of a balanced diet</li> </ul>	<ul style="list-style-type: none"> <li>• Contains antioxidant compounds</li> <li>• Traditionally valued for supporting general wellbeing</li> </ul>

