

Formula Option	What is it?	Pros	Cons	How To Take / Dosage
<b>Brew</b>	Strong tea	Strongest effect Easy to absorb Alcohol free	Requires cooking; Bitter flavor is hard to mask	90 min. simmer 2x / week to make tea; Strain & drink 1 cup / 2x / day.
<b>Granule</b>	Powdered extract	Lightweight + non-liquid so ideal for travel Alcohol free	Powder doesn't entirely dissolve	Stir 1 heaping teaspoon into beverage or soft food / 2x / day.
<b>Tincture</b>	Alcohol & water-based extract	Easy to take No cooking required	Slightly less strong than other forms	1 teaspoon / 2x / day in 1 oz. water