



TEA BLENDING WORKSHEET

Wipe down medicine making area and wash hands...

TEA BLEND: _____

Batch # _____ **Date** _____

Botanical _____ **Part Used** _____ **Amount** _____

ProperID/ Source _____

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ProperID/ Source _____

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Botanical _____ **Part Used** _____ **Amount** _____

ProperID/ Source _____

Botanical _____ **Part Used** _____ **Amount** _____

ProperID/ Source _____

Botanical _____ **Part Used** _____ **Amount** _____

ProperID/ Source _____

Total Weight of Tea Blend _____

PROCESS

- Measure each herb using scale. Place in large stainless bowl. Breakdown herbs as necessary to blend well.
- If adding essential oil **BE SAFE AND AWARE**. Very few oils are safe for internal use, except by trained aromatherapists. Essential Oil: _____
- Shake well and keep in sealed container for a few days before bagging to give oils a chance to distribute evenly amongst herbs.
- Loose: Bag and label with the following: **batch number, date, botanical ingredients, weight of capsule, size of capsule**
- Baggies: Fill each bag with approximately 6 grams per bag. Iron shut with hot iron (no steam) Baggies from _____
- Put bags in ziplock and label with the following: **batch number, date, blend, ingredients, weight of individual bags**

NOTES

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