



CAPSULES



What are Herbal Capsules?

Herbal capsules are a convenient form of herbal medicine where powdered herbs are enclosed in capsules made of gelatin or plant-based materials. They are used to deliver concentrated doses of herbs in a precise and easy-to-take format.

Benefits of Herbal Capsules

1. **Convenient:** Capsules are easy to take and dose, making them ideal for regular use.
2. **Precise Dosage:** They allow for accurate measurement of herbal doses, which is useful for maintaining consistency.
3. **No Taste:** Capsules mask the taste of herbs, which can be beneficial for those who find certain herbs unpalatable.
4. **Portable:** Capsules are easy to carry and store, making them ideal for travel or busy lifestyles.

Shelf Life and Storage Guidelines

- **Shelf Life:** Herbal capsules generally last from 1 to 2 years, depending on the herbs used and storage conditions. Capsules made with high-quality ingredients and proper encapsulation techniques can last longer.
- **Storage:** Store capsules in a cool, dry place away from light and moisture. A dark glass jar or an opaque container with a tight seal is ideal.
- **Refrigeration:** Not necessary, but refrigerating capsules can help extend their shelf life, particularly in humid climates.

Preparing Herbal Capsules: Step-by-Step

1. **Choose Your Herbs:** Select dried and powdered herbs based on your health goals. Common choices include:
 - **Turmeric:** For its anti-inflammatory properties.
 - **Echinacea:** For immune support.
 - **Ginger:** For digestive health.
 - **Ashwagandha:** For stress relief.
2. **Powder the Herbs:**

- Grinding: If using whole dried herbs, grind them into a fine powder using a mortar and pestle, spice grinder, or dedicated herb grinder.
 - Sifting: Sift the powdered herbs through a fine mesh strainer to remove larger particles and ensure a consistent texture.
3. Prepare the Capsules:
 - Capsule Size: Choose the size of the capsules you want to use. Size 0 or 00 are common choices for herbal supplements.
 - Capsule Shells: Purchase empty gelatin or vegetable capsules from a reputable supplier.
 4. Fill the Capsules:
 - Manual Filling: Use a capsule filling machine or manual capsule filler to fill the capsules with the powdered herb. Ensure the powder is evenly distributed and packed tightly.
 - Cleaning: Keep your workspace and equipment clean to avoid contamination.
 5. Seal the Capsules:
 - Cap the Capsules: Ensure that the capsule halves are properly sealed. For manual filling, press the capsule halves together firmly until they click into place.
 - Check for Loose Capsules: Inspect the filled capsules to ensure they are properly sealed and free of any loose powder.
 6. Store and Label:
 - Storage: Store the filled capsules in a cool, dry place. Avoid exposure to heat, light, and moisture.
 - Label: Label the container with the date, herb used, and dosage information. Include any additional notes about the intended use or health benefits.

Tools / Ingredients

- Powdered herbs or dried herbs & herb grinder
- Capsules - "00" size
- The Capsule Machine (optional , very helpful)

Additional Tips

- Dosage: Follow recommended dosage guidelines for the herbs you are using. Dosage may vary based on the herb and individual health needs.
- Quality Control: Ensure you are using high-quality herbs and maintaining good hygiene practices to prevent contamination.
- Consultation: Consider consulting with a healthcare provider or herbalist to confirm the appropriate herbs and dosages for your needs.