



MARSHMALLOW ROOT INFUSION

Gentle support for gut, throat, and urinary discomfort.

Marshmallow root (*Althaea officinalis*) is rich in mucilage — a soothing, gel-like substance that calms and protects irritated tissues. It's especially helpful for:

- Soothing the gut lining (reflux, gastritis, leaky gut)
- Easing sore throats, dry coughs, and respiratory irritation
- Supporting bladder and urinary tract comfort
- Hydrating dry tissues and mucous membranes



Choose Your Infusion Strength

Option 1: Strong Therapeutic Infusion

For acute symptoms or deeper healing support

Best for:

- Acid reflux, dry cough, sore throat
- Gut lining repair (leaky gut, gastritis)
- UTI or bladder inflammation
- Short-term therapeutic use

Ingredients: (Makes ~3–4 cups / 750–1000 ml)

- Dried marshmallow root (cut & sifted, not powder) — enough to fill $\frac{1}{3}$ of a 1L glass jar
- Hot water (just off the boil) — enough to fill the rest of the jar

Instructions:

1. Add marshmallow root to fill $\frac{1}{3}$ of a clean glass jar (about 1L size).
2. Pour hot (not boiling) filtered water to fill the jar.
3. Cover and let steep overnight (8–12 hours).
4. Strain and refrigerate for up to 48 hours.
5. Sip $\frac{1}{2}$ cup at a time, up to 1–3x daily.



Option 2: Gentler Daily Soothing Infusion

For daily support, prevention, or sensitive individuals

Best for:

- Ongoing gut and mucous membrane hydration
- Sensitive individuals (children, pregnancy*, elderly)
- Mild symptoms or preventive wellness
- Dry digestion, mouth, or skin

Ingredients: (Makes ~2–3 cups / 500–750 ml)

- 1–2 tablespoons dried marshmallow root (cut & sifted)
- 500–750 mL room temperature or cold filtered water
- Optional: 1 cinnamon stick or a few peppermint leaves for added flavor

Instructions:

1. Add herb and water to a clean glass jar.
2. Cover and let infuse for 4–8 hours, or overnight.
3. Strain and sip slowly throughout the day.
4. Store in fridge for up to 2 days.

Tips for Best Results

- Avoid boiling water — it can degrade the mucilage
- The longer it steeps, the thicker and more soothing it becomes
- Take on an empty stomach or between meals for gut support
- Space away from medications/supplements by 1–2 hours
- Choose organic, sustainably sourced marshmallow root when possible

**Always consult your healthcare provider or qualified practitioner before using herbs during pregnancy or while breastfeeding.*