

Synera BOTANICA

GUIDE 02 • FORMULAS

Synergy Formula Recipe Book

All 7 Synera formulas with batch tables, synergy rationale, dosing and cautions. Blend single-herb tinctures by volume.

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Still Water

Daytime calm for an anxious, overstimulated mind

A four-herb nervine blend that quiets racing thoughts without dulling the mind — for anxious days, tension and a nervous stomach.

HERB	PART	ROLE	RATIO	30 ML	60 ML	120 ML
Lemon Balm <i>Melissa officinalis</i>	Fresh leaf	Primary	30%	9 mL	18 mL	36 mL
Skullcap <i>Scutellaria lateriflora</i>	Fresh aerial parts	Primary	30%	9 mL	18 mL	36 mL
Passionflower <i>Passiflora incarnata</i>	Aerial parts	Supporting	25%	7.5 mL	15 mL	30 mL
German Chamomile <i>Matricaria chamomilla</i>	Flower	Harmonizer	15%	4.5 mL	9 mL	18 mL

Why it works

Skullcap and passionflower both act on the GABAergic system through different flavones — baicalin and chrysin respectively — which is the classic basis for combining nervines at lower individual doses.

Lemon balm adds a gladdening, uplifting quality so the formula calms without heaviness, and its rosmarinic acid may slow GABA breakdown through a third, complementary route.

Chamomile ties the blend to the gut, where much anxiety is physically felt, and softens the bitterness of skullcap.

Dose: 2–4 mL in a little water, up to three times daily
Duration: Suitable for ongoing use; reassess after 8 weeks

Cautions

- May add to the effect of sedatives, benzodiazepines and alcohol
- Avoid in pregnancy
- Use caution with hypothyroidism (lemon balm)

Deep Rest

For sleep onset and staying asleep

A night-time formula for those who lie awake replaying the day, combining quick-acting hypnotic nervines with reishi's deeper calming of the spirit.

HERB	PART	ROLE	RATIO	30 ML	60 ML	120 ML
Passionflower <i>Passiflora incarnata</i>	Aerial parts	Primary	35%	10.5 mL	21 mL	42 mL
Skullcap <i>Scutellaria lateriflora</i>	Fresh aerial parts	Supporting	25%	7.5 mL	15 mL	30 mL
Reishi <i>Ganoderma lucidum</i>	Fruiting body (double extract)	Supporting	25%	7.5 mL	15 mL	30 mL
German Chamomile <i>Matricaria chamomilla</i>	Flower	Harmonizer	15%	4.5 mL	9 mL	18 mL

Why it works

Passionflower addresses the circular thinking that delays sleep onset; skullcap relaxes the muscular and nervous tension that keeps the body alert.

Reishi works on a slower timescale — over weeks — supporting sleep architecture and the 'wired and depleted' pattern that underlies chronic insomnia.

Chamomile gently relaxes the gut and makes the formula pleasant to take at night.

Dose: 4–6 mL 30–60 minutes before bed; repeat once if waking in the night
Duration: Nightly for 4–8 weeks, then as needed

Cautions

- Do not combine with sleep medication without guidance
- Do not drive after taking
- Avoid in pregnancy
- Stop reishi 2 weeks before surgery

Steady Root

Adaptogenic resilience for chronic stress

A balanced adaptogen formula pairing calming and energizing roots — for the tired-but-wired pattern of long-term stress.

HERB	PART	ROLE	RATIO	30 ML	60 ML	120 ML
Ashwagandha <i>Withania somnifera</i>	Root	Primary	40%	12 mL	24 mL	48 mL
Holy Basil <i>Ocimum tenuiflorum</i>	Leaf & flower	Supporting	25%	7.5 mL	15 mL	30 mL
Rhodiola <i>Rhodiola rosea</i>	Root	Supporting	20%	6 mL	12 mL	24 mL
Licorice <i>Glycyrrhiza glabra</i>	Root	Harmonizer	15%	4.5 mL	9 mL	18 mL

Why it works

Ashwagandha (calming) and rhodiola (stimulating) sit at opposite ends of the adaptogen spectrum. Together they aim at the normalizing middle — restoring energy by day and allowing rest by night.

Holy basil adds mental clarity and mood lift, and its anti-inflammatory chemistry addresses the inflammatory load that accompanies chronic stress.

Licorice harmonizes the blend, sweetens its taste and, by slowing cortisol breakdown, supports those whose stress response has become blunted.

Dose: 2–4 mL, morning and early afternoon
Duration: 8–12 weeks, then reassess; limit licorice-containing blends to 6 weeks for those with any blood-pressure concerns

Cautions

- Avoid with hypertension or low potassium (licorice)
- Avoid with hyperthyroidism (ashwagandha)
- Avoid with bipolar disorder (rhodiola)
- Avoid in pregnancy

First Defense

Acute support at the first sign of a cold

A short-course immune formula taken frequently at the first scratch of the throat, combining immune activation, antiviral action and warming circulation.

HERB	PART	ROLE	RATIO	30 ML	60 ML	120 ML
Echinacea <i>Echinacea purpurea, E. angustifolia</i>	Root	Primary	40%	12 mL	24 mL	48 mL
Elderberry <i>Sambucus nigra</i>	Berry	Primary	30%	9 mL	18 mL	36 mL
Ginger <i>Zingiber officinale</i>	Fresh rhizome	Catalyst	20%	6 mL	12 mL	24 mL
Licorice <i>Glycyrrhiza glabra</i>	Root	Harmonizer	10%	3 mL	6 mL	12 mL

Why it works

Echinacea stimulates innate immune cells while elderberry's anthocyanins and lectins interfere with viral attachment — two distinct points of action on the same problem.

Ginger is the catalyst: warming, diaphoretic and circulatory, it helps the body mount a fever response and relieves chill and congestion.

Licorice soothes the throat, supports the cough and smooths the acrid edge of echinacea.

Dose: 2–3 mL every 2–3 hours on day one, then 4 times daily
Duration: 5–10 days; not intended for continuous use

Cautions

- Avoid with Asteraceae allergy
- Use caution with autoimmune disease or immunosuppressants
- Avoid with hypertension (licorice)

Heartwood

A tonic for the physical and emotional heart

A long-term cardiovascular tonic centered on hawthorn, with motherwort and lemon balm for the anxiety and palpitations that so often travel with heart strain.

HERB	PART	ROLE	RATIO	30 ML	60 ML	120 ML
Hawthorn <i>Crataegus monogyna, C. laevigata</i>	Leaf, flower & berry	Primary	50%	15 mL	30 mL	60 mL
Motherwort <i>Leonurus cardiaca</i>	Aerial parts	Supporting	25%	7.5 mL	15 mL	30 mL
Lemon Balm <i>Melissa officinalis</i>	Fresh leaf	Supporting	25%	7.5 mL	15 mL	30 mL

Why it works

Hawthorn nourishes cardiac muscle and coronary circulation through procyanidins and flavonoids — a slow, cumulative effect over weeks.

Motherwort and lemon balm act on the 'emotional heart': nervous palpitations, flutters and the anxiety felt in the chest.

Together the formula addresses the frequent overlap between stress and cardiovascular symptoms.

Dose: 2–4 mL, two to three times daily
Duration: Benefits build over 6–12 weeks; suitable for long-term use

Cautions

- Use only with your physician's knowledge if you take heart medication (digoxin, beta-blockers, nitrates)
- Avoid in pregnancy (motherwort)
- Do not use in place of medical care for chest pain

Clear Channel

Liver and digestive support

A bitter-warming formula that protects the liver, stimulates bile flow and kindles sluggish digestion — taken before meals.

HERB	PART	ROLE	RATIO	30 ML	60 ML	120 ML
Milk Thistle <i>Silybum marianum</i>	Ground seed	Primary	35%	10.5 mL	21 mL	42 mL
Dandelion <i>Taraxacum officinale</i>	Root	Primary	30%	9 mL	18 mL	36 mL
Turmeric <i>Curcuma longa</i>	Fresh rhizome	Supporting	20%	6 mL	12 mL	24 mL
Ginger <i>Zingiber officinale</i>	Fresh rhizome	Catalyst	15%	4.5 mL	9 mL	18 mL

Why it works

Milk thistle protects and regenerates liver cells; dandelion stimulates bile production and flow — protection plus movement.

Turmeric adds anti-inflammatory and choleric action, and the formula's alcohol and pungent partners help solubilize its curcuminoids.

Ginger warms the cooling bitters, preventing digestive chill and improving tolerance in sensitive people.

Dose: 2–4 mL in water 15 minutes before meals
Duration: 4–8 weeks; a traditional seasonal cleanse in spring

Cautions

- Avoid with bile duct obstruction or gallstones
- Avoid with Asteraceae allergy
- Use caution with anticoagulants (turmeric, ginger)

Ember & Gold

Systemic inflammatory balance

A warming, multi-pathway anti-inflammatory blend of turmeric, ginger and holy basil for achy joints and inflammatory load.

HERB	PART	ROLE	RATIO	30 ML	60 ML	120 ML
Turmeric <i>Curcuma longa</i>	Fresh rhizome	Primary	45%	13.5 mL	27 mL	54 mL
Ginger <i>Zingiber officinale</i>	Fresh rhizome	Supporting	30%	9 mL	18 mL	36 mL
Holy Basil <i>Ocimum tenuiflorum</i>	Leaf & flower	Supporting	25%	7.5 mL	15 mL	30 mL

Why it works

Turmeric's curcuminoids inhibit NF-κB signaling; ginger's gingerols and shogaols inhibit COX and 5-LOX; tulsi's eugenol adds further COX inhibition. Three herbs, overlapping but non-identical pathways.

The formula should be taken with a fatty meal — and optionally with a pinch of black pepper — because curcumin's bioavailability is the bottleneck of the whole formula.

Holy basil brings adaptogenic, stress-modulating action, recognizing that psychological stress drives inflammatory signaling.

Dose: 3–5 mL, two to three times daily with food

Duration: 8–12 weeks; reassess

Cautions

- Avoid with gallstones
- Use caution with anticoagulants and antidiabetic medication
- Avoid concentrated use in pregnancy