

**Jeff Mattock's Garlic Tincture Recipe**  
**Thanks to John Gunterman for writing this down.**

1 quart vodka - 100 proof  
1 bulb (6 - 8 cloves of garlic)  
bruise the garlic  
mince or slice the garlic cloves  
place into alcohol  
date the bottle

Place in warm (not hot) dark place or not in direct sunlight  
wait 28 - 30 days before use.

Use for any type of infection

For poultry 1/2 oz per gallon of drinking water for 7 - 14 days, or 3 days past last seen symptom

Professional Herbalist set their tinctures on the new moon and finish on a new moon. You do as you feel is best for you.

The same recipe can be used for topical treatments. replace alcohol with extra virgin olive oil.  
The remainder of the recipe remains the same.  
May also be used for any external wound and an antimicrobial protection.