"This is just a time for me to emotionally check out for a second and take care of myself and come back in 30 days as the best 30-year-old woman I can be," she said.

But make sure that the tincture is from the berries, and not the easy-to-find product made from the leaves, stems and roots of the herb (such as the one made by bioforce).

Results are represented as a mean of triplicate incubation.

They aren't food they contain sugar, more sugar and more sugar.