

# How long can Chinese medicine be kept in a storage cabinet

Can you store medications in a medicine cabinet?

**DON'T** Store medication in the medicine cabinet or the bathroom cabinet. Although it is named as if it is ideal for storing meds, a medicine cabinet is actually among the worst options. Why? Excessive heat, humidity, and temperature changes that occur in most bathrooms can damage medications, which may decrease their effectiveness.

How should medicine be stored?

Medicines should always be kept away from children in a cool, dry place, protected from light and refrigerated when necessary. Improper storage can affect the effectiveness and shelf life of your medicine. The following are important medicine storage principles. Medicines should be kept in a cool, dry place and protected from light.

Why do herbalists need a storage container?

As any herbalist storing herbs and decanting herbal remedies knows well, good storage containers are an essential tool for organizing and storing herbs and herbal preparations.

How do you store Chinese herbs?

Do not store Chinese herbs in direct sunlight or an area that's exposed to steam or heat. The room should ideally maintain a steady temperature throughout the year. Storage in this kind of environment will lessen the likelihood of mold or pest infestation occurring. Some formulations contain moist, sticky ingredients like red dates.

How should herbal preparations be stored?

Like herbs, herbal preparations should be stored out of direct sunlight, in a dry place free from moisture, and in a cool environment (not above 110 degrees) as light, moisture, and heat are all thought to reduce the effectiveness of the herbal properties contained in the preparation.

Why is proper storage important for a TCM practice?

Proper storage also helps to reduce the operating costs of your TCM practice by avoiding unnecessary spoilage. The primary causes of the degradation of Chinese herbs are oxygen, sunlight, heat, moisture, and time. The following tips will help you limit these factors and maintain the potency of your KPC products.

Different herbs have different shelf lives, anywhere from 1 to 3 years, depending on the specific herb. While properly dried and stored herbs will never go bad, over time they will become increasingly less potent and should be replaced.

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