

How to Make Your Own Capsules

As part of the new year, I've been trying to up my health game. One way I've been doing this is by making Freeze Dried powders like Beet, Ginger, and Turmeric and putting them in capsules. The hardest part of the process can be making the capsules, but I found this amazing tool called the Capsule-It and it makes this process much simpler.

This tool allows you to make 100 capsules at a time efficiently. I have found that double 00 size is the most universal size of capsule, and each Capsule-It is for a specific size capsule.

HerbAffair, the company who makes and sells the Capsule-It, also sells the empty capsules and other powders if you don't want to make your own.

In the attached video, I show you how to use the Capsule-It, to make 100 capsules in just under 10 minutes.

[Save Money and Make your Own Capsules! Using Freeze Dried Powders](#)

Recipes for making some of your own powders can be found on the cookbook website, along with videos from my YouTube channel showing you how to make those freeze dried powders.



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Life.
Simple.