

DOSAGE CHART FOR HERBAL EXTRACTS

<u>COMMON NAME</u>	<u>DOSAGE in mLs PER WEEK</u>	
	Min	Max
Albizia 1:2	25	60
Ashwaganda (Withania) 1:1	20	45
Astragalus 1:2	30	60
Bacopa 1:2	35	90
Bilberry 1:1	20	40
Black Cohosh 1:2	10	20
Black Walnut (Green Hulls) 1:10	10	40
Bugleweed 1:2	15	40
Bupleurum 1:2	25	60
Burdock 1:2	10	25
Calendula 1:2	10	20
Californian Poppy 1:2	20	40
Cat's Claw 1:2	30	75
Celery Seed 1:2	30	60
Chamomile High Grade 1:2	20	40
Chaste Tree 1:2	6	18
Cinnamon Quills 1:2	20	40
Cleavers 1:2	25	50
Coleus 1:1	40	90
Damiana 1:2	20	40
Dandelion Leaves 1:1	40	80
Dandelion Root 1:2	20	40
Dong Quai 1:2	30	60
Echinacea Premium Blend 1:2	15	40
Echinacea Purpurea 1:2	20	40
Echinacea Purpurea Glycetract 1:3	30	60
Eleuthero 1:2	15	55
Eyebright 1:2	15	30
Garlic 1:1	40	80
Ginger 1:2	5	15
Ginkgo 2:1	21	28

<u>COMMON NAME</u>	<u>DOSAGE in mLs PER WEEK</u>	
	Min	Max
Globe Artichoke 1:2	15	30
Golden Seal 1:3	15	30
Gotu Kola 1:1	20	40
Gymnema 1:1	25	75
Hawthorn Leaves 1:2	10	40
Horsetail 1:2	15	40
Korean Ginseng 1:2	10	40
Licorice 1:1	15	40
Licorice High Grade 1:1	10	30
Marshmallow Root Glycetract 1:5	20	40
Milk Thistle 1:1	30	60
Milk Thistle 1:1 Glycetract	30	60
Motherwort 1:2	15	25
Nettle Leaf 1:2	15	40
Nettle Root 1:2	30	60
Oregon Grape 1:2	25	50
Poke Root 1:5	1	5
Red Clover 1:2	10	40
Rehmannia 1:2	30	60
Sage 1:2	15	30
Saw Palmetto 1:2	15	30
Schisandra 1:2	25	60
Skullcap 1:2	15	30
St. John's Wort High Hypericin 1:2	15	40
St. John's Wort 1:2	15	40
Turmeric 1:1	35	100
Uva Ursi (Bearberry) 1:2	30	60
Valerian 1:2	15	40
White Peony 1:2	30	60
Wild Yam 1:2	20	40
Wormwood 1:5	5	20

Liquid Herbal Extracts should be dispensed by measuring the single dose and mixing it with 20 mL (a shotglass is 30 mL) of water or juice, (then swallowed all in one mouthful - don't sip) and can then be followed by a 'chaser', if desired.

NOTE: Dosages given are for adults and children over 12 years of age. The age list below can be used, but this does not take into account the size of the child which is probably more important. Calculating the dose based on the child's weight is the preferred method.

Clark's rule is one of the simplest: The procedure is to take the child's weight in pounds, divide by 150 lb, and multiply the fractional result by the adult dose to find the equivalent child dosage

$$\frac{\text{weight in pounds}}{150} \times \text{adult dose} = \text{child's dose}$$

150

For example if the child weighs 50 pounds and the adult dosage is 10 mL, the formula would be (50 divided by 150 multiplied by 10) equals a child's dose of approximately 3.5 mL.

Daily Dose Quick Calculation:

4 mL/day x 7 =	28 mL/week
5 mL/day x 7 =	35 mL/week
6 mL/day x 7 =	42 mL/week
7 mL/day x 7 =	49 mL/week
8 mL/day x 7 =	56 mL/week
9 mL/day x 7 =	63 mL/week
12 mL/day x 7 =	84 mL/week

Children's Dosages by age (appropriate only if the child is in the normal Height:Weight percentile)

over 12 years old =	Adult dose
8 – 12 year old =	1/2 the adult dose
6 – 8 years old =	1/3 the adult dose
2 – 6 years old =	1/4 the adult dose
0 – 2 years old =	1/8 adult dose

Or use Augsberger Rule: $\text{Weight in K} \times 1.5 + 10 = \% \text{ of Adult dose to administer}$