

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
Baical Skullcap (see Chinese Skullcap)		
Bilberry 1:1	20	40
Black Cohosh 1:2	10	20
Black Walnut (Green Hulls) 1:10	10	40
Bladderwrack 1:1	30	60
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
Chinese Skullcap 1:2	30	60
Cinnamon Quills 1:2	20	40
Cleavers 1:2	25	50
Coleus 1:1	40	90
Corn Silk 1:1	15	40
Cramp Bark 1:2	5	30
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 F/P 1:1	40	80
Ginger 1:2	5	15
Ginkgo 2:1	21	28
Globe Artichoke 1:2	15	30
Golden Seal 1:3	15	30

<u>COMMON NAME</u>	<u>DOSAGE in mLs PER WEEK</u>	
	Min	Max
Gotu Kola 1:1	20	40
Gymnema 1:1	25	75
Hawthorn Berries 1:2	10	50
Horsechestnut 1:2	15	35
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
Mistletoe 1:2	20	40
Motherwort 1:2	15	25
Nettle Leaf 1:2	15	40
Nettle Root 1:2	30	60
Oats Seed 1:2	20	40
Oregon Grape 1:2	25	50
Pau D' Arco 1:2	20	50
Poke Root 1:5	1	5
Red Clover 1:2	10	40
Rehmannia 1:2	30	60
Sage 1:2	15	30
Sarsaparilla 1:2	20	40
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
Tienchi Ginseng 1:2	25	60
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 1:2	5	20
Yellow Dock 1:2	15	30

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:

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 Ausbergers Rule: Weight in K x 1.5 + 10 = % of Adult dose to administer