

Patient Name: _____

Date: _____

Doctor Name: _____

Refill Date: _____

Liquid Herb Blending Worksheet

A. Doubled Weekly dose (should add up to 210 mL)	B. Weekly dose in mL (should add up to 105 mL max weekly dose)	C. Herbal Tincture Name	D. Minimum & Maximum weekly dose in mL (from <i>The Dosage Chart</i> for <i>Herbal Extracts</i>)
mL	mL		to mL
mL	mL		to mL
mL	mL		to mL
mL	mL		to mL
mL	mL		to mL
mL	mL		to mL

210 mL

105 mL

to mL

Instructions: 1) Place name of liquid herb in the column C. 2) Reference range from *“The Dosage Chart for Herbal Extracts”* and place in column D. 3) Place a dose in the column B and add entire column B up so it adds to between 100 - 105 mL, adjust accordingly. 4) Double doses in column B and place in column A.

5) Add to 236 mL Amber Glass Round Bottle.

Notes: Formula must add up to **105 mL for a maximum weekly dose**. At 105 mL a week you are looking at a 2 week dose in the 236 mL Amber Glass Round Bottles. **105 mL / 7 days = 15 mL a day**. The trick is to balance the formula giving more or less adaptagens or tonics based on the patient’s specific needs.