

TINCTURE DOSAGE & SAFETY

CHEATSHEET

1. Label Terms

Ratio → herb:liquid	(1:2, 1:5, 1:10)
Concentration → alcohol%	(40%, 70%)
Volume → bottle milliliters	(50 ml, 100 ml)
Weight → herb grams	(10 g, 20 g)

2. Units and Conversions

Drops	20 drops = ~1 ml
Dropper	1 dropper (full) = ~1 ml
Teaspoon	1 teaspoon = ~5 ml
Tablespoon	1 tablespoon = ~15 ml

3. Factors Affecting Absorption

Timing of Ingestion	
- Empty stomach	faster absorption
- With food	slower absorption
Alcohol Content	
- High alcohol (50-60%)	faster absorption
- Low alcohol (30-40%)	slower absorption
Method of Administration	
- Sublingual	faster absorption
- Swallowed	slower absorption

4. Standard Dose (Adult)

Follow indicated dosage	if stated in label
1-2 ml, 2-3 times a day	if not stated in label

5. Adjusting Dose (Individual)

Body Weight (kg)	(weight ÷ 70) × standard dose
Age	
- Infants (under 2 yo)	~ 1/8 of adult dose (avoid)
- Toddlers (2-5 yo)	~ 1/4 of adult dose
- Children (6-12 yo)	~ 1/3 to 1/2 of adult dose
- Teens (13-17 yo)	~ 1/2 to 3/4 of adult dose
- Adults (18- 59 yo)	body weight formula
- Ages 60–69	~ 3/4 of adult dose
- Ages 70–79	~ 1/2 to 2/3 of adult dose
- Ages 80+	~ 1/3 to 1/2 of adult dose
Sensitive People	
- Start Low	~ 1/2 of standard dose
- Adjust	increase by 2-3 drops at a time

6. Risky Conditions

Pregnancy & Breastfeeding	
Liver Disease	(hepatitis, cirrhosis)
Kidney Disease	(CKD, nephritis)
Heart Conditions	(arrhythmia, hypertension)
Bleeding Disorders	(hemophilia, ITP)

7. Overdose Signs

Digestive & Gastrointestinal	
- Nausea, Vomiting, Diarrhea, Cramps	
Neurological & Mental	
- Dizziness, Headache, Confusion, Fatigue	
Cardiovascular & Respiratory	
- Rapid Heartbeat, Short Breath, Tight Chest	
Skin & Allergic Reactions	
- Rash, Hives, Itching, Swelling	

⚠ Disclaimer: This cheatsheet is for educational purposes only. Always verify safety and dosage with a qualified professional, especially if pregnant, nursing, on medication, or for children.