

## DOSAGE CHART

Common Name	Botanical Name	Plant Part	Strength*	Ethanol %	Weekly dosage (mL)
Adhatoda	<i>Adhatoda vasica</i>	Leaf	1:2	25%	10 - 25
Agrimony	<i>Agrimonia eupatoria</i>	Flower	1:2	45%	15 - 30
Akeake	<i>Dodonaea viscosa</i>	Leaf	1:2	60%	25 - 50
Albizzia	<i>Albizzia lebbeck</i>	Bark	1:2	35%	20 - 40
American Ginseng (Standardised)	<i>Panax quinquefolium</i> Contains NLT 15 mg/mL ginsenosides	Root	1:2	60%	5 - 20
Andrographis	<i>Andrographis paniculata</i>	Herb	1:2	45%	20 - 40
Angelica	<i>Angelica archangelica</i>	Root	1:2	45%	5 - 25
Aniseed	<i>Pimpinella anisum</i>	Seed	1:2	60%	15 - 25
Arnica	<i>Arnica montana</i>	Flower	1:5	45%	External use only
Astragalus	<i>Astragalus membranaceus</i>	Root	1:2	25%	30 - 60
Bacopa	<i>Bacopa monniera</i>	Whole Plant	1:2	45%	30 - 95
Baical Skullcap	<i>Scutellaria baicalensis</i>	Root	1:2	60%	30 - 60
Barberry	<i>Berberis vulgaris</i>	Bark	1:2	45%	20 - 40
Bearberry	<i>Arctostaphylos uva-ursi</i>	Leaf	1:2	25%	30 - 60
Bilberry	<i>Vaccinium myrtillus</i>	Berry	1:1	45%	20 - 40
Bitter Melon	<i>Momordica charantia</i>	Fruit	1:2	60%	30 - 60
Black Cohosh	<i>Actaea racemosa</i>	Root	1:2	60%	10 - 20
Black Haw	<i>Viburnum prunifolium</i>	Bark	1:2	30%	10 - 30
Black Pepper	<i>Piper nigrum</i>	Fruit	1:2	60%	4 - 15
Black Walnut	<i>Juglans nigra</i>	Green Hull (f) & dried	1:10	60%	10 - 40
Blue Cohosh	<i>Caulophyllum thalictroides</i>	Root	1:2	70%	10 - 20
Blue Flag	<i>Iris versicolor</i>	Rhizome	1:2	45%	15 - 40
Boneset	<i>Eupatorium perfoliatum</i>	Herb	1:2	25%	10 - 30
Buchu	<i>Barosma betulina</i>	Leaf	1:2	60%	15 - 30
Bugleweed	<i>Lycopus virginicus</i>	Herb	1:2	25%	15 - 40
Bupleurum	<i>Bupleurum falcatum</i>	Root	1:2	45%	25 - 60
Burdock	<i>Arctium lappa</i>	Root	1:2	25%	15 - 40
Butcher's Broom	<i>Ruscus aculeatus</i>	Root	1:2	50%	25 - 50
Calendula	<i>Calendula officinalis</i>	Flower	1:2	90%	10 - 25
Californian Poppy	<i>Eschscholtzia californica</i>	Herb	1:2	45%	20 - 40
Cascara	<i>Rhamnus purshiana</i>	Bark	1:2	25%	15 - 35
Cat's Claw	<i>Uncaria tomentosa</i>	Bark	1:2	60%	30 - 75
Cayenne	<i>Capsicum annuum</i>	Fruit	1:3	90%	1 - 4
Celery	<i>Apium graveolens</i>	Seed	1:2	60%	25 - 75
Chamomile	<i>Matricaria recutita</i>	Flower	1:2	50%	20 - 60
Chamomile Glycetract	<i>Matricaria recutita</i>	Flower	1:3	1%	30 - 90
Chaste Tree	<i>Vitex agnus-castus</i>	Fruit	1:2	45%	5 - 20
Chickweed	<i>Stellaria media</i>	Herb (f)	1:2	45%	25 - 60
Cinnamon	<i>Cinnamomum verum</i>	Bark	1:4	60%	20 - 40
Cleavers	<i>Galium aparine</i>	Herb (f)	1:2	30%	30 - 75
Codonopsis	<i>Codonopsis pilosula</i>	Root	1:2	45%	30 - 60
Coleus	<i>Coleus forskholii</i>	Root	1:1	50%	40 - 90
Comfrey	<i>Symphytum officinale</i>	Leaf	1:10	25%	20 - 50
Comfrey	<i>Symphytum officinale</i>	Root	1:10	25%	25 - 60
Coptis	<i>Coptis chinensis</i>	Rhizome	1:2	60%	20 - 50
Cordyceps	<i>Cordyceps militaris</i>	Fruiting Body	1:2	30%	20 - 40
Corn silk	<i>Zea mays</i>	Styles & Stigma	1:2	25%	30 - 80
Corydalis	<i>Corydalis ambigua/yanhusuo</i>	Rhizome	1:2	45%	20 - 60
Couchgrass	<i>Agropyron repens</i>	Rhizome	1:2	25%	40 - 80

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Crampbark	<i>Viburnum opulus</i>	Bark	1:2	35%	5 - 30
Crataeva	<i>Crataeva nurvala</i>	Bark	1:2	25%	30 - 80
Damiana	<i>Turnera diffusa</i>	Herb	1:2	60%	20 - 40
Dan Shen	<i>Salvia miltiorrhiza</i>	Root	1:2	45%	20 - 80
Dandelion	<i>Taraxacum officinale folia</i>	Leaf	1:1	25%	20 - 80
Dandelion	<i>Taraxacum officinale radix</i>	Root	1:1	25%	20 - 40
Dandelion	<i>Taraxacum officinale</i>	Whole Plant (f)	1:2	30%	25 - 60
Devil's Claw	<i>Harpagophytum procumbens</i>	Root	1:2	25%	15 - 80
Dong Quai	<i>Angelica sinensis</i>	Root	1:2	45%	30 - 60
Echinacea Angustifolia	<i>Echinacea angustifolia</i>	Root	1:2	60%	20 - 100
Echinacea Purpurea Glycetract	<i>Echinacea purpurea</i>	Root	1:2	0%	20 - 100
Echinacea Purpurea (Standardised)	<i>Echinacea purpurea</i> Contains NLT1.5 mg/mL total alkylamides	Root	1:2	60%	20 - 100
Echinacea Blend	<i>Echinacea purpurea / Echinacea angustifolia</i>	Root	1:2	60%	20 - 100
Echinacea Blend (Standardised)	<i>Echinacea purpurea / Echinacea angustifolia</i> Contains NLT1.5 mg/mL total alkylamides	Root	1:2	60%	20 - 100
Elderberry	<i>Sambucus nigra</i>	Berry	1:2	50%	25 - 60
Elderflower	<i>Sambucus nigra</i>	Flower	1:2	25%	15 - 50
Elecampane	<i>Inula helenium</i>	Root	1:2	45%	20 - 40
Euphorbia	<i>Euphorbia hirta</i>	Herb	1:2	60%	15 - 30
Eyebright	<i>Euphrasia officinalis</i>	Herb	1:2	45%	15 - 30
Fennel	<i>Foeniculum vulgare</i>	Seed	1:2	60%	20 - 50
Fenugreek	<i>Trigonella foenum-graecum</i>	Seed	1:2	60%	30 - 80
Feverfew	<i>Tanacetum parthenium</i>	Herb	1:5	35%	5 - 15
Garlic	<i>Allium sativum</i>	Bulb (f)	1:2	60%	30 - 100
Gentian	<i>Gentiana lutea</i>	Root	1:2	45%	5 - 15
Giant Kelp	<i>Macrocystis pyrifera</i>	Thallus	1:2	25%	9 - 18
Ginger	<i>Zingiber officinale</i>	Rhizome	1:2	90%	5 - 15
Ginger Glycetract	<i>Zingiber officinale</i>	Rhizome	1:2	0%	5 - 15
Ginkgo (Standardised)	<i>Ginkgo biloba</i> Contains NLT 10mg/mL of ginkgo flavone glycosides	Leaf	3:2	55%	30 - 60
Globe Artichoke	<i>Cynara scolymus</i>	Leaf	1:2	35%	15 - 35
Glossy Privet	<i>Ligustrum lucidum</i>	Fruit	1:2	60%	30 - 80
Goat's Rue	<i>Galega officinalis</i>	Herb	1:2	25%	30 - 60
Golden Rod	<i>Solidago canadensis</i>	Herb	1:2	45%	20 - 40
Gotu Kola	<i>Centella asiatica</i>	Herb	1:2	45%	20 - 40
Gravel Root	<i>Eupatorium purpureum</i>	Root	1:2	45%	15 - 30
Greater Celandine	<i>Chelidonium majus</i>	Herb (f)	1:2	45%	10 - 20
Green Oats	<i>Avena sativa</i>	Flowering Top	1:2	25%	15 - 60
Green Tea	<i>Camelia sinensis</i>	Leaf	1:2	45%	20 - 60
Grindelia	<i>Grindelia species</i>	Herb	1:2	60%	10 - 20
Gymnema	<i>Gymnema sylvestre</i>	Leaf	1:1	25%	20 - 70
Harakeke	<i>Phormium tenax</i>	Rhizome	1:2	45%	15 - 40
Hawthorn (standardised)	<i>Crataegus species</i> Contains NLT 7 mg/mL of oligomeric procyanidins	Berry	1:2	50%	15 - 50
Hawthorn	<i>Crataegus species</i>	Leaf	1:2	45%	15 - 50
Heartsease	<i>Viola tricolor</i>	Herb	1:2	45%	20 - 40
Hemidesmus	<i>Hemidesmus indicus</i>	Root	1:2	45%	20 - 60
Hoheria	<i>Hoheria populnea</i>	Leaf (f)	1:4	25%	20 - 60

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Holy Basil	<i>Ocimum tenuiflorum</i>	Leaf	1:2	60%	20 - 50
Holy Thistle	<i>Cnicus benedictus</i>	Herb	1:2	25%	20 - 40
Hops	<i>Humulus lupulus</i>	Strobile	1:2	60%	10 - 25
Horopito	<i>Pseudowintera colorata</i>	Leaf	1:2	45%	10 - 30
Horsechestnut	<i>Aesculus hippocastanum</i>	Seed	1:2	50%	15 - 40
Horseradish	<i>Armoracia rusticana</i>	Root	1:2	45%	25 - 50
Horsetail	<i>Equisetum arvense</i>	Herb	1:2	25%	15 - 45
Hyssop	<i>Hyssopus officinalis</i>	Herb	1:2	45%	15 - 30
Jamaican Dogwood	<i>Piscidia piscipula</i>	Root Bark	1:2	60%	20 - 40
Juniper	<i>Juniperus communis</i>	Berry	1:2	45%	10 - 20
Kānuka	<i>Kunzea ericoides</i>	Herb	1:2	50%	20 - 60
Karamu	<i>Coprosma robusta</i>	Leaf (f)	1:2	45%	20 - 60
Kava (Standardised)	<i>Piper methysticum</i>	Root	1:2	60%	20 - 60
Kawakawa	<i>Macropiper excelsum</i>	Leaf	1:2	60%	20 - 60
Kohekohe	<i>Dysoxylum spectabile</i>	Leaf (f)	1:2	45%	20 - 60
Korean Ginseng (Standardised)	<i>Panax ginseng</i> Contains NLT 12 mg/mL of ginsenosides	Root	1:2	60%	5 - 25
Koromiko	<i>Hebe salicifolia</i>	Herb (f)	1:2	45%	15 - 40
Kudzu	<i>Pueraria lobata</i>	Root	1:2	50%	25 - 70
Kumerahou	<i>Pomaderris kumerahou</i>	Herb	1:2	60%	20 - 40
Lady's Mantle	<i>Alchemilla vulgaris</i>	Herb	1:2	25%	25 - 50
Lavender	<i>Lavandula officinalis</i>	Flower	1:2	60%	15 - 30
Lemon Balm	<i>Melissa officinalis</i>	Leaf	1:2	45%	20 - 45
Lime Flower	<i>Tilia species</i>	Flower	1:2	45%	15 - 40
Lions Mane	<i>Hericium erinaceus</i>	Fruiting Body	1:2	30%	25 - 60
Lions Mane Glycetract	<i>Hericium erinaceus</i>	Fruiting Body	1:2	0%	20 - 50
Liquorice	<i>Glycyrrhiza glabra</i>	Root	1:1	20%	10 - 30
Lomatium	<i>Lomatium dissectum</i>	Root	1:2	50%	15 - 40
Magnolia	<i>Magnolia officinalis</i>	Bark	1:2	60%	25 - 75
Mānuka	<i>Leptospermum scoparium</i>	Herb	1:2	50%	20 - 60
Mānuka Glycetract	<i>Leptospermum scoparium</i>	Herb	1:2	0.5%	20 - 60
Marshmallow	<i>Althaea officinalis</i>	Root	1:5	25%	20 - 50
Marshmallow Glycetract	<i>Althaea officinalis</i>	Root	1:5	0.5%	20 - 50
Meadowsweet	<i>Filipendula ulmaria</i>	Flowering Top	1:2	45%	15 - 30
Milk Thistle	<i>Silybum marianum</i>	Seed	1:1	70%	30 - 60
Milk Thistle Glycetract (Standardised)	<i>Silybum marianum</i> Contains NLT 25mg/mL Total silymarins	Seed	1:1	0.5%	30 - 60
Milk Thistle (Standardised)	<i>Silybum marianum</i> Contains NLT 25mg/mL Total silymarins	Seed	1:1	70%	30 - 60
Mistletoe	<i>Viscum album</i>	Herb	1:2	45%	20 - 40
Motherwort	<i>Leonurus cardiaca</i>	Herb	1:2	25%	15 - 30
Mullein	<i>Verbascum thapsus</i>	Leaf	1:2	25%	20 - 60
Myrrh	<i>Commiphora molmol</i>	Resin	1:5	90%	10 - 30
Nasturtium	<i>Tropaeolum majus</i>	Herb (f)	1:2	45%	15 - 40
Nettle	<i>Urtica dioica</i>	Herb	1:2	25%	15 - 40
Nettle	<i>Urtica dioica radix</i>	Root	1:2	25%	30 - 60
Nigella	<i>Nigella sativa</i>	Seed	1:2	60%	30 - 90
Olive	<i>Olea europaea</i>	Leaf	1:2	45%	25 - 50
Oregon Grape	<i>Mahonia aquifolium</i>	Root	1:2	45%	20 - 40
Paeony	<i>Paeonia lactiflora</i>	Root	1:2	45%	25 - 75
Passionflower	<i>Passiflora incarnata</i>	Herb	1:2	45%	15 - 40
Pau d'Arco	<i>Tabebuia avellaneda</i>	Bark	1:2	45%	20 - 50
Pelargonium	<i>Pelargonium sidoides</i>	Root	1:5	20%	20 - 40

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Peppermint	<i>Mentha piperita</i>	Leaf	1:2	45%	15 - 50
Pleurisy	<i>Asclepias tuberosa</i>	Root	1:2	45%	10 - 25
Poke	<i>Phytolacca decandra</i>	Root	1:5	45%	1 - 5
Polygonum	<i>Polygonum multiflorum</i>	Root	1:2	50%	30 - 80
Pomegranate blend	<i>Punica granatum</i>	Seed & Rind	1:2	55%	40 - 80
Poroporo	<i>Solanum aviculare</i>	Leaf (f)	1:2	60%	External use only
Prickly Ash	<i>Zanthoxylum clava-herculis</i>	Bark	1:2	45%	10 - 30
Raspberry Leaf	<i>Rubus idaeus</i>	Leaf	1:2	25%	30 - 100
Red Clover	<i>Trifolium pratense</i>	Flowering Top	1:2	25%	10 - 40
Rehmania	<i>Rehmania glutinosa</i>	Cured Root	1:2	25%	20 - 60
Rehmania	<i>Rehmania glutinosa</i>	Uncured Root	1:2	25%	20 - 60
Reishi (Ling Zhi)	<i>Ganoderma lucidum</i>	Fruit	1:2	25%	30 - 60
Rhodiola	<i>Rhodiola rosea</i> Contains NLT 2 mg/mL rosavins & NLT 1 mg/mL salidroside	Root	1:1	45%	20 - 40
Rhubarb	<i>Rheum officinale</i>	Root	1:2	45%	10 - 25
Ribwort	<i>Plantago lanceolata</i>	Leaf (f)	1:2	25%	20 - 60
Rosemary	<i>Rosmarinus officinalis</i>	Herb	1:2	60%	15 - 30
Saffron	<i>Crocus sativus</i>	Stigmas	1:20	45%	10 - 25
Sage	<i>Salvia officinalis</i>	Leaf	1:2	60%	20 - 40
Sarsaparilla	<i>Smilax species</i>	Root	1:2	45%	25 - 60
Saw Palmetto	<i>Serenoa serrulata</i>	Berry	1:2	60%	15 - 30
Schisandra	<i>Schisandra chinensis</i>	Fruit	1:2	60%	25 - 60
Shatavari	<i>Asparagus racemosa</i>	Root	1:2	45%	30 - 60
Shepherd's Purse	<i>Capsella bursa-pastoris</i>	Herb	1:2	25%	30 - 90
Siberian Ginseng	<i>Eleutherococcus senticosus</i>	Root	1:2	50%	15 - 55
Skullcap	<i>Scutellaria lateriflora</i>	Herb	1:2	45%	15 - 30
St John's Wort	<i>Hypericum perforatum</i>	Herb	1:2	50%	20 - 50
Tanekaha	<i>Phyllocladus trichomanoides</i>	Leaf (f)	1:2	45%	15 - 30
Thuja	<i>Thuja occidentalis</i>	Leaf	1:5	60%	10 - 20
Thyme	<i>Thymus vulgaris</i>	Herb	1:2	45%	15 - 40
Tienchi Ginseng	<i>Panax notoginseng</i>	Root	1:2	60%	30 - 60
Totara	<i>Podocarpus totara</i>	Bark	1:3	60%	15 - 40
Tribulus (Standardised)	<i>Tribulus terrestris</i> Contains NLT 30mg/mL furostanol saponins, as protodioscin	Herb	2:1	60%	50-100
Turmeric	<i>Curcuma longa</i>	Rhizome	1:1	45%	35 - 90
Turmeric Glycetract	<i>Curcuma longa</i>	Rhizome	1:1	0%	35 - 90
Valerian	<i>Valeriana officinalis</i>	Root	1:2	45%	15 - 50
Vervain	<i>Verbena officinalis</i>	Herb	1:2	25%	20 - 40
White Horehound	<i>Marrubium vulgare</i>	Herb	1:2	25%	15 - 40
Wild Cherry	<i>Prunus serotina</i>	Bark	1:2	25%	15 - 30
Wild Indigo	<i>Baptisia tinctoria</i>	Root	1:2	60%	15 - 40
Wild Yam	<i>Dioscorea villosa</i>	Root	1:2	60%	20 - 40
Willow	<i>Salix species</i>	Bark	1:2	45%	20 - 50
Witch Hazel	<i>Hamamelis virginiana</i>	Leaf	1:5	45%	20 - 40
Withania Glycetract	<i>Withania somnifera</i>	Root	1:1	1%	20 - 50
Withania	<i>Withania somnifera</i>	Root	1:2	45%	35 - 80
Withania (Standardised)	<i>Withania somnifera</i> Contains NLT 4.5mg/mL withanolides	Root & Leaf	3:2	45%	10 - 25
Wood Betony	<i>Stachys officinalis</i>	Herb	1:2	50%	20 - 50
Wormwood	<i>Artemisia absinthium</i>	Herb	1:5	45%	5 - 25



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Yarrow	<i>Achillea millefolium</i>	Flowering Top	1:2	35%	15 - 40
Yellow Dock	<i>Rumex crispus</i>	Root	1:2	25%	15 - 30
Zizyphus	<i>Zizyphus spinosa</i>	Seed	1:2	60%	30 - 80

\*KEY: 1 :2 = Each 2mL of liquid extract corresponds to 1 g of herb

## CHILDREN'S DOSAGE

Fried's rule	Calculation = (Age in months /150) = FRACTION of adult dose. Up to 24 months of age.
Augsberger's rule	Calculation = ((Weight in kg x 1.5) + 10) = PERCENTAGE of adult dose.

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