

RELATIVE DOSING LIMITS

1. GENERAL SYSTEM PRINCIPLES

Total dose per infusion: ~4 g (100%)

Number of plants per formula: 3 to 5

Base structure:

1–2 primary plants

2–3 secondary plants

Never:

more than 2 primary plants

more than 5 total plants

Safety rules may reduce percentages, but never increase them.

2. FUNCTIONAL CLASSIFICATION OF PLANTS

A. PRIMARY (CORE) PLANTS

Role: dominant therapeutic effect

Examples: Ashwagandha, Valerian, Bacopa, Korean Ginseng, Echinacea

Allowed range:

25–40% of the total each

If there is 1 primary plant: 35–40%

If there are 2 primary plants: 20–30% each

The algorithm must prioritize the plant with the highest clinical score.

B. SECONDARY (MODULATORY) PLANTS

Role: support, synergy, balance

Examples: Chamomile, Lavender, Linden, Lemon Balm, Fennel, Peppermint

Allowed range:

10–20% each

Usually 2–3 plants

Adjustable according to synergies (+0.5 / +1)

C. SUPPORT / SENSORY PLANTS

Role: digestion, flavor, tolerability

Examples: Rose, Hibiscus, Osmanthus, Cinnamon, Lemongrass

Allowed range:

5–10% each

They must never be the dominant plant
Maximum of 2 per formula

3. SPECIFIC LIMITS BY FUNCTIONAL FAMILY

A. SEDATIVE / ANXIOLYTIC PLANTS

(Valerian, Passionflower, Magnolia, Blue Lotus)
Maximum combined: 40%

Valerian:
maximum 30%
if daytime anxiety → reduce to 20–25%

Blue Lotus / Magnolia:
maximum 15% each

B. ADAPTOGENS / STIMULANTS

(Ashwagandha, Korean Ginseng, Green Tea)
Maximum combined: 35%

Korean Ginseng:
maximum 25%
anxiety ≥ 7 → exclude

Green Tea:
maximum 15%
active insomnia → exclude

Ashwagandha:
optimal 25–35%

C. COGNITIVE PLANTS

(Bacopa, Ginkgo biloba, Rosemary)

Bacopa:
25–35% (primary)

Ginkgo biloba:
maximum 20%
chronic medication → exclude

Rosemary:
10–15%

D. DIGESTIVE / CARMINATIVE PLANTS

(Anise, Fennel, Peppermint, Ginger, Chamomile)

Anise / Fennel:
15–25% as the digestive axis

Peppermint:
maximum 15%

Ginger:
10–20%

Chamomile:
15–25%

E. IMMUNITY / ANTI-INFLAMMATORY PLANTS

(Echinacea, Cistus, Turmeric)

Echinacea:
20–30%
prolonged use → reduce to 15–20%

Turmeric:
15–25%

Cistus:
15–25%