

## **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  $\geq 7$  → 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%