

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
SORE THROAT OR COUGH (ACUTE TX)	ANDROGRAPHIS COMPLEX	2 tabs qid	7-10 days	CI - Asteraceae/Compositae/ Daisy family (ragweed) allergy, Pregnancy
SORE THROAT OR COUGH	LICORICE 1:1	1.5-6ml	2 wks (to down regulate cough reflex)	CI - High blood pressure Potassium w/ long-term use
SORE THROAT OR COUGH	ADRENOCO	2 tabs bid	Early to mid cold	CI - High blood pressure Potassium w/ long-term use
EAR INFECTIONS	SINUS FORTE	2 tabs tid	7-10 days	CI - Asteraceae/Compositae/ Daisy family (ragweed) allergy, Pregnancy
EAR INFECTIONS	ECHINACEA PREMIUM TABLETS OR 1:2 LIQUID	2 tabs bid (3ml bid)	7-10 days	CI - Asteraceae/Compositae/ Daisy family (ragweed) allergy
COLD PROPHYLAXIS		2 tabs/d (3 ml/d); Acute 2 tabs bid	September-April	
STOMACH ACHES (GASTRITIS, CONSTIPATION, FLORA ISSUES, DIARRHEA)	SLIPPERY ELM CAPSULES	2 tabs 2-5x/d with ++ H ₂ O	6 weeks for bowel flora changes	CI - intestinal obstruction
STOMACH ACHES, INFLAMMATION (GUT REPAIR)	VITAL NUTRIENTS' GI REPAIR	3 caps bid-tid	1-3 mos.	CI - shellfish allergies
ADD/ADHD, CONCENTRATION	BACOPA COMPLEX	2 bid	12 mo for ADHD (2mo to see effect), for duration of study/focus period	Caution - Figwort or mint family allergy CI - Pregnancy
ADD/ADHD	NORDIC NATURAL'S DHA JUNIOR LIQUID	20-25mg/kg/d EPA 8.5-10.5mg/kg/d DHA	16 wks	CI - fish allergy
COLD, COUGH, NASAL CONGESTION, IGE ALLERGY, ATOPIC DERMATITIS PROPHYLAXIS		1.6g EPA/1g DHA in mom or 1/2tsp @ 8mos/weaning	Until 3 yrs old	
MULTIVITAMIN	NORDIC NATURAL'S NORDIC BERRIES	2 berries bid	Until age 4-6 when swallowing pills becomes possible	
CLEAR UP MUCUS, PREVENTION OF COLDS	ASTRAGALUS COMPLEX	2 tabs bid	4 wks	CI - acute infxn, Asteraceae/Compositae/Daisy family (ragweed) allergy
GROWING PAINS, INSOMNIA	ANCIENT MINERALS	1 tsp (560mg) transdermal	As needed	CI - open wounds

Clark's Rule (by weight) Child's weight/150lbs x adult dose
• Ex: 30 lb child / 150 lbs = 1/5 adult dose

Young's Rule (by age; only for children over 2) (Child's age / child's age + 12) x adult dose
• Ex: Licorice 1:2 liquid for a 6-year- old (50lbs) . . .
6 / 18 x adult dose = 1/3 x 2.5mL = slightly less than 1 mL per day