

HERBAL PRODUCTS	ACUTE DOSE	CHRONIC DOSE	PROPHYLACTIC/MAINTENANCE
ADRENOCO	1 tablet 3 times daily	1 tablet 2 times daily	1 tablet 2 times daily
ANDROGRAPHIS COMPLEX	2 tablets 2 to 3 times daily	1 tablet 3 times daily	1 tablet 2 to 3 times daily
ASTRAGALUS COMPLEX	Discontinue in acute	1 tablet 3 to 4 times daily	1 tablet 3 times daily
BACOPA COMPLEX	Discontinue in acute	1 tablet 3 to 4 times daily	1 tablet 2 to 3 times daily
BILBERRY	1 tablet 4 times daily	1 tablet 3 times daily	1 tablet 2 times daily
BOSWELLIA COMPLEX	2 tablets 2 to 3 times daily	1 tablet 3 times daily	1 tablet 2 times daily
BRONCAFECT	2 tablets 3 to 4 times daily	1 tablet 2 to 3 times daily	1 tablet 2 times daily
CHASTE TREE	1 tab daily for PMS and mastalgia, 2 tab 2-3 times daily for hyperprolactinemia, endometriosis & fibroids		
DIGEST FORTE	1 tablet 15 minutes before meals	1 tablet 15 minutes before meals	1 tablet 15 minutes before meals
ECHINACEA PREMIUM	2 tablets 2 to 3 times daily	1 tablet 2 to 3 times daily	1 tablet 2 to 3 times daily
FEMCO	1 tablet 3 to 4 times daily	1 tablet 3 times daily	1 tablet 3 times daily
GARLIC	1 tablet 2 times daily	1 tablet 2 times daily	1 tablet daily
GINKGO FORTE	1 to 2 tablets 3 times daily	1 tablet 3 times daily	1 tablet 2 to 3 times daily
GOLDEN SEAL	2 tablets 2 times daily	1 tablet 2 to 3 times daily	1 tablet 2 times daily
GYMNEMA	1 tablet 3 times daily	1 tablet 2 times daily	1 tablet daily
HORSECHESTNUT COMPLEX	1 tablet 3 times daily with food	1 tablet 2-3 times daily with food	1 tablet 2 times daily with food
KAVA FORTE	1 tablet 3 times daily	1 tablet 2 times daily	Tablet 2 times daily
LIVCO	2 tablets 2 times daily	1 tablet 3 times daily	1 tablet 2 times daily
LIVTON COMPLEX	1 tablet 3 to 4 times daily	1 tablet 3 times daily	1 tablet 2 times daily
NEVATON	2 tablets 3 times daily	1 tablet 3 times daily	1 tablet 3 times daily
REHMANNIA COMPLEX	1 to 2 tablets 3 times daily	1 tablet 3 times daily	1 tablet 2 times daily
RHODIOLA & GINSENG	1 tablet 4 times daily	1 tablet 3 times daily	1 tablet 2 times daily
SILYMARIN	1 tablet 3 times daily	1 tablet 2 to 3 times daily	1 tablet daily

HERBAL PRODUCTS	ACUTE DOSE	CHRONIC DOSE	PROPHYLACTIC/MAINTENANCE
SINUS FORTE	2 tablets 3 times daily	1 tablet 3 times daily	1 tablet 2 to 3 times daily
SLIPPERY ELM 400 MG	2 tablets 3 times daily	1 tablet 3 times daily	1 tablet 3 times daily
ST JOHN'S WORT	1 tablet 3 times daily	1 tablet 2 times daily	1 tablet 2 times daily
TRIBULUS FORTE	N/A	1 tablet 2 to 3 times daily	1 tablet 2 times daily
TURMERIC FORTE	2 tablets 2 to 4 times daily	1 tablet 2 times daily	1-2 tablets daily
VALERIAN COMPLEX	2 to 3 tablets 1 hour before sleep. May be repeated during the night	1 tablet 2 to 4 times daily	1 tablet 2 times daily
VITANOX	N/A	1 tablet 1 to 2 times daily	1 tablet daily
WILD YAM COMPLEX	1 to 2 tablets 3 times daily	1 tablet 3 times daily	1 tablet 2 to 3 times daily
WITHANIA COMPLEX	Discontinue in acute	1 tablet 3 to 4 times daily	1 tablet 3 times daily

- NOTE:**
- Dosages given are for adults and children over 12 years of age.
 - All formulas should be taken with food except for LivCo, Livton, Silymarin, and Vitanox.
 - For contraindications and cautions read product specific information in your MediHerb Catalog.

INFANT & CHILDREN'S DOSING

There are several methods for calculating the dose of children age 0 – 12 years. Typically these calculations utilize the age (Fried's rule) or weight of a child to find the child's dose. Calculating the dose based on the child's weight is the preferred method with Clark's rule being the easiest formula (some practitioners use this for all children). Fried's rule is used in children under 2 years of age and uses their age in months to calculate the proper dose.

CLARK'S RULE

(Weight in pounds/150) x adult dose = child's dose

Liquids Example: an adult dosage is 10 mL and the child weighs 50 pounds, the formula would be:

$(50/150) \times 10 =$ a child's dose of approximately 3.5 mL

Tablet Example: If the child weighs 50 pounds and the adult dose is 3 tablets per day, the formula would be:

$(50/150) \times 3 =$ a child's dose of approximately 1 tablet daily

FRIED'S RULE

(Weight in pounds/150) x adult dose = child's dose

Liquids Example: an adult dosage is 10 mL and the child weighs 50 pounds, the formula would be:

$(50/150) \times 10 =$ a child's dose of approximately 3.5 mL

Tablet Example: If the child weighs 50 pounds and the adult dose is 3 tablets per day, the formula would be:

$(50/150) \times 3 =$ a child's dose of approximately 1 tablet daily