



# Adjusting the Dose

For most children you will want to reduce the dose. Use age and/or body weight as your guide. Clark's rule can also work for children, dividing the dose down by weight and assuming 150 lbs for the average adult.

Clark's Rule: child weight in pounds  $\div$  150  $\times$  adult dose = child dose

AGE	BODY WEIGHT OF CHILD	ESTIMATED DOSE	TINCTURE DOSE	TEA DOSE
Adult	100-150+ lb	Full dose	60 drops	1 cup
Teen	around 100 lb	1/2 to full	30-60 drops	1/2 - 1 cup
Preeteen	around 75 lb	1/2	30 drops	1/2 cup
Elementary	around 50 lb	1/4	15 drops	1/4 cup
Preschool	around 15-25 lb	1/8	8-10 drops	1-2 tablespoons
Toddler	around 10-15 lb	1/10	5-10 drops	2 teaspoons
Infant*	around 5-10 lb	1/16	2-5 drops	1/2 - 1 teaspoon

\*Generally speaking, the less you give to infants the better. Lean towards gentle remedies, such as homeopathics, and to herbs with a long history of use for infants, like chamomile. Don't hesitate to seek professional supervision.