

Herbal Extract Dosing

How to Take Liquid Herbal Extracts

If you are new to taking herbs or are used to capsules, you may ask why take liquid extracts? What is the best way to take them? Can you still take them and get the benefits if you don't like the flavor?

First let's answer the 'why liquid extracts?' question:

Liquid herbal extracts are easily absorbed and ready for use by the body. You'll often begin to notice your desired effects within minutes or hours as opposed to days or weeks with capsules of powdered herbs. That's because liquid extracts are highly bioavailable and fast-acting because the extraction process had already been done in the finished liquid extract. The powdered herbs in capsules rely on the body doing the work of extracting the beneficial compounds during digestion, so they take longer to work.

4 Ways to Take Your Liquid Extracts

Many herbal extracts have a pleasing flavor, but let's be honest, some just don't. Getting used to herbal flavors is an acquired taste that comes with time and consistency. Stay with it and soon you'll find you enjoy them. You'll also find the quick benefits you get are worth the momentary flavor of an herbal extract.

We recommend these four simple ways to make taking your liquid herbal extracts easier.



Diluted In water or juice

Fill our WWH Signature Dosing Cup with water or juice of your choice. Add your suggested amount of your extract to the dosing cup and drink. Diluting in this way softens the flavors of the herbal extract while still providing all the benefit.



Boost Your Morning Smoothie

Add your suggested dose to your favorite morning smoothie. This adds an extra punch to your nutrition each day and you probably won't even taste it.



Add to Your Daily Tea

Many of our glycerin-based extracts have a naturally sweet flavor and make wonderful additions to your daily cup of tea. Even those extracts with a stronger flavor blend well with tea and offer a pleasing method for turning extract time into a daily ritual.



Add to Applesauce

Applesauce is a simple way to mask herbal flavors and is pleasing for children or adults. Choose plain or flavored, sugar-free, or organic based on your preferences.

Understanding Herbal Extract Dosing

Suggested usage, or dosages, of herbal remedies will vary based on a variety of factors. When a producer of herbal extracts is determining suggested usage, factors that are considered include the chemical makeup of the particular plant extract, traditional usage guidelines based on clinical experience, and scientific data presented by the botanical Safety Handbook. Suggested usage will often be displayed as a range such as 20-40 drops, 1-3 times a day. This range allows the user to adjust their intake and remain within a safe daily range of usage.

All suggested usage information on dietary supplements and herbal extracts is determined as an appropriate dosage for an average 150 pound individual. You will want to understand how to adjust dosing based on your age and weight. Individuals over the age of 60 metabolize supplements slower and will require a smaller dose. Children will also require different doses.

Clark's Rule

Clark's Rule is the most reliable way to calculate a dosage for a child as well as for a person who is significantly under or over the typical 150 pound dosage model.

$$\text{Child's weight in pounds} \div 150 \text{ pounds} = \text{fraction of the adult dose}$$

For example:

$$80 \text{ pounds} \div 150 \text{ pounds} = .53 \text{ of the adult dose. This can be rounded to 50\% of the dose.}$$

Dosages for 60 Years and Older

Dosing over the age of 60 will be affected by the general health and constitution of the individual. Clark's Rule should always be applied first and then adjusted based on age.

Age 60 and up = standard dose

Age 63 and up = 5/6 of the standard dose

Age 77 and up = 2/3 of the standard dose

Using Herbs with Your Dog or Cat

Many herbs that we use for humans can also safely be used in a holistic lifestyle with our dogs and cats. In the tables below, you will see how you can adjust dosing for your pet based on their weight. See our Pet Safe Products for options based on health needs for your pet. The following charts are excerpts from

Liquid Herb Dosing for Pets

Dose in milliliters (ml) per day for dogs and cats, per kilogram (kg) of body weight

Human Dose	11 lbs	22 lbs	33 lbs	44 lbs	66 lbs	88 lbs
1	0.05	0.15	0.2	0.3	0.45	0.6
2	0.2	0.25	0.45	0.5	0.9	1.0
3	0.25	0.3	0.5	0.6	0.9	1.2
4	0.3	0.55	0.85	1.1	1.7	2.2

Capsule Herb Dosing for Pets

Human Dose	11 lbs	22 lbs	33 lbs	44 lbs	66 lbs	88 lbs
2 capsules	¼ - ½	1	1.5	2	2.5	2.5-3

Adapted from the proportionate dose table from Wynn, S. and Fougere, B., 2007. Veterinary Herbal Medicine. Mosby, St. Louis, MO

Herbal extracts are all-natural but that does not mean that they come completely without risks. If you are taking medications or have health challenges, it is recommended that you consult with your healthcare provider before beginning herbal extracts and other dietary supplements.