

Formulas to Calculate Children's Doses of Liquid Herbs

There are a number of formulas that can be used to calculate children's dosages for liquid herbs.

For children over 2 years: We prefer **Clark's Rule** as outlined below for:

$$\frac{\textit{Weight in kg} \times \textit{Adult Dose}}{67} = \textit{Child's Dose}$$

For children under 2 years: We prefer **Fried's Rule** as outlined below for:

$$\frac{\textit{Age in Months} \times \textit{Adult Dose}}{150} = \textit{Child's Dose}$$

Note: Calculations stipulate and are based on the assumption of 20 drops per mL.