Calculating Herbal Dosage For a Child

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USING CLARK'S RULE

Divide a child's weight in pounds by 150 (an average adult weight) to calculate the fraction of the adult dose that is appropriate for a child of that weight

(Child's weight / 150) = Child's proportionate dose

EXAMPLE FOR A 50 lb CHILD:

50/150 = 0.333 = 1/3

For an herbal infusion with an adult dose of

1 cup 3x/day

a 50 lb child's dose is

1/3 *cup 3x/day*

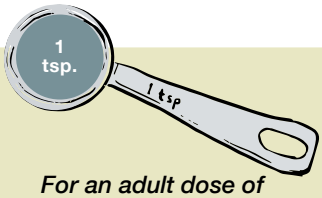
USING YOUNG'S RULE

Divide a child's age in years by the sum of their age plus 12 to calculate the fraction of the adult dose that is appropriate for a child of that age

Child's age / (Child's age + 12) = Child's proportionate dose

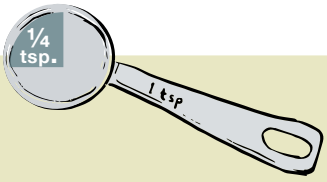
EXAMPLE FOR A 4 year old CHILD:

4/(4+12) = 0.25 = 1/4



For an adult dose of

1 tsp 3x/day



a 4 year old child's dose is

1/4 tsp 3x/day

MORE EXAMPLES:

(CW) = Child's Weight | **(AD)** = Adult Dose | **(P)** = Proportion

Child's weight (CW) =	50	**lbs**
Adult Dose (AD) =	6 g/day	
CW ÷ 150 =	50 ÷ 150 = 0.333	**(P)** proportion
Children's dose = AD x P	6 x 0.333 = 2 g/day	
Child's weight (CW) =	50	**lbs**
Adult Dose (AD) =	3 mL 3x/day	
CW ÷ 150 =	50 ÷ 150 = 0.333	**(P)** proportion
Children's dose = AD x P	3 x 0.333 = 1 mL 3x/day	

MORE EXAMPLES:

(CA) = Child's Age | **(AD)** = Adult Dose | **(P)** = Proportion

Child's age (CA) =	4	**years**
Adult Dose (AD) =	6 g/day	
CA ÷ (CA + 12) =	4 ÷ (4 + 12) = 0.25	**(P)** proportion
Children's dose = AD x P	6 x 0.25 = 1.5 g/day	
Child's age (CA) =	4	**years**
Adult Dose (AD) =	3 mL/day	
CA ÷ (CA + 12) =	4 ÷ (4 + 12) = 0.25	**(P)** proportion
Children's dose = AD x P	3 x 0.25 = 0.75 mL 3x/day	