

CHILD DOSE SHEET

Our regular over-the-counter formulas are intended for adults and therefore have advised doses on the label but if you would like to use some of them for your child / children please follow our dosage instructions outlined below.

If you have any doubts it may be advisable to first contact our **Product Advice Line** before giving any herbal medication to children. For more instruction or support call **Tel: 0870 755 48 48**.

STANDARD CHILD FORMULAE DOSE

12 Years & Over	Adult Dose 5ml (1tsp)
7 - 12 Years	½ Adult Dose (2.5ml or ½ tsp)
5 - 7 Years	¼ Adult Dose (20 drops)
3 - 5 Years	1/8 Adult Dose (10 drops)
Under 3 Years	1/16 Adult Dose (5 drops)

All herbal medicine to be given 3 x daily.

SUPERFOOD PLUS FOR BABIES, TODDLERS & YOUNG CHILDREN

Superfood plus is regularly used by babies, toddlers and children of all ages; not to mention mums-to-be.

Superfood plus can be added alongside other foods, whenever these are first introduced.

At a few months old try ¼ and gently up to ½ teaspoons. At any age you start introducing SuperFood **plus** always start with 1/4 teaspoon.

Simply monitor the looseness of the bowel and remember that 1 tablespoon goes a long way for an adult!

At seven months try 1 - 2 teaspoons.

At twelve months try 1 - 3 teaspoons.



CHILDREN & HERBS

We've always been extremely cautious about using herbs 'over the counter' but it is vital to have access to everyday basics. Children are naturally robust little people but if they ever get sick it is nice to know that something potentially safe that does not merit an antibiotic, can be at hand to help.

ECHINACEA TINCTURE - *ECHINACEA PURPUREA ROOT*

For all round immune support. This is easy to take once flavoured to suit, by adding some runny honey to the dose.

CHAMOMILE FLOWER HERBAL TEA - *MATRICARIA SPP*

Make up some weak tea, adding honey if necessary. A good all-round stomach and nerve soother.

NETTLE LEAF TEA - *URTICA DIOICA*

A good daily vitamin and mineral boost, very high in calcium and iron. Good for growing bodies.



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