

TINCTURE DOSAGE GUIDE

The dosages for herbs vary depending on the strength of the herb, the concentration of the extract and the age of the person being treated.

The dosages that I list here only refer to the herbs that I have included in this class. To use herbs other than these, you will need to consult a reliable source to determine a suitable dosage.

Included in this guide are my recommended dosages for herbal tinctures. For herbal infused vinegars, the dosages are usually the same as tinctures but I recommend diluting the dose in a small glass of warm water because this helps to ease the sharpness and acidity of the vinegar.

The dosages listed are for adults**. If you want to learn to treat babies and children then I recommend that you consider joining my e-course '[Look After Your Children with Herbs.](#)'

**** REMINDER:** The educational recommendations in this course are only for people who are fit, healthy, don't have underlying diseases, not on pharmaceutical or prescription medications (including hormonal contraceptives) who are not pregnant. For people who have any of the above, professional herbal treatment should still be possible: please consult a qualified, responsible practitioner instead of trying DIY treatments.

Tincture Dosages

- Herbal tinctures are herbs extracted in alcohol and water.
- The alcohol extracts and preserves the goodness of the herb.
- Tinctures keep for years and do not need to be refrigerated
- Do not use tinctures for people with a history of alcoholism or addiction to intoxicants.
- If you don't want to use tinctures because of the alcohol then please use herbal infused vinegars or a herbal medicinal tea (herbal infusions & decoctions).

Strength of Tinctures

Please note that the strength of tinctures varies so it is important to check which strength of tincture you have purchased so that you can take a suitable dosage.

If you look at an ingredient label, you will see it says 1:5, 1:4, 1:3, 1:2, 1:1.

The first number refers to the weight of herb used to make the tincture, the second number refers to the weight of liquid (ethanol alcohol & water) that it is extracted it.

Here are examples of where to find this info on some of the recommended supplier websites.

The image shows two screenshots of e-commerce product pages. The left screenshot is from Nether Edge Herbarium, featuring a product titled "Melissa officinalis org. 1:3 tincture" with a price range of £9.75 – £38.95. A pink arrow points to the "1:3" strength information. The right screenshot is from Mountain Rose Herbs, featuring a product titled "Lemon Balm Extract" with a price of \$12.75. A pink arrow points to the "1:5 Fresh Aerial Portion" extraction information. Both pages include product images, descriptions, and purchase options.

The image shows a screenshot of the Neals Yard Remedies website. The page features the brand logo and a navigation menu with categories like "Best Sellers", "Offers", "Skincare", "Bath & Body", "Mother & Baby", "Gifts", "Aromatherapy", "Wellbeing", "Therapies", and "About Us". The main content area displays product details for "Melissa officinalis". It includes the Latin name, a description of herbal tinctures, and sections for "HOW TO USE" and "INGREDIENTS". The ingredients list specifies a ratio of "Dried herb to liquid ratio W/V 1:5, 45% alcohol or fresh herb to liquid ratio W/V 1:3, 45% alcohol Water, organic alcohol". A pink arrow points to the word "organic" in the ingredients list. The allergen information states: "Allergen information: May contain: Gluten, soya, nuts, peanuts, sesame, mustard and celery."

How to work out the dosage to take, when you know the strength of your tincture

For 1:5 tincture take the highest range of the dosage e.g. 5 ml 3 times daily;

For 1:2 tincture take the lowest range of the dosage e.g. 2 ml 3 times daily.

For other strengths inbetween, use a dosage inbetween these ranges.

Herbal Tincture Dosages for Adults

Most Herbs

For most of the herbs that I recommend in this course, except the ‘Stronger Herbs’ listed below, the standard daily dosage for an adult is:

2-5 ml of tincture taken 3 times daily.

This can be taken neat, in hot or cold water, or added to herbal tea.

I recommend this dosage for the following herbs in this course:

Camomile, Damiana, Lemon balm, Lime Flower, Nettle, Oat Straw, St John’s Wort, Roses, Rosemary, Wood Betony.

Stronger Herbs

The following herbs are classified as stronger or are used at a smaller dosage because they would be over-powering.

Herbs: Lavender, Cinnamon, Hawthorn, Liquorice, Primrose, Borage.

The tincture dosage I recommend is:

20 drops or 1 ml of tincture taken 3 times daily.

This can be taken neat, in hot or cold water, or added to herbal tea.

Adaptogen Herbs

For the adaptogen herbs mentioned in this class (Ginsengs, Ashwagandha, Astragalus) please follow the dosage instructions on the bottle that you have purchased.