

DOSAGES

-Guideline-

Borage—5 drops as needed
Chickweed—15-20 drops/day
Chicory—10
Cleavers& violets— 15 drops/day
Cranesbill—20-30 drops as needed in water
Croneswort—15 drops/day
Damiana—20-30 drops/day
Dandelion—20 drops/day
Dianella—10-15 drops/day
Eyebright—20 drops/day
Feverfew—1 dropper as needed
Fuschia—15 drops/day
Ginger—20 drops/day
Gingko—20 drops/day
Gotu kola—20 drops/day
Hawthorn—20-25 drops/day
Heartsease—10 drops/day
Hops—10 drops/day or 30 drops before sleep
Horopito—10 drops/day
Ipomea—2-5 drops at 2pm everyday
Ivy leaved toadflax-15 drops/day
Karamu—10-20 drops/day
Kawakawa—10-20 drops/day
Koromiko—10 drops/day or 1 dropperful as needed
Kowhai—10 drops/day
Kumarahou—20-30 drops/day
Lancewood—10 drops/day
Lavender and Angelica—10 drops/day
Licorice—15-20 drops/day
Maca Root—20 drops/day
Mahoe—10 drops/day
Mamaku—10 drops/day
Matai—5-10 drops/day
Milk Thistle—1-2 dropperfuls/day
Motherwort—20-30 drops/day or as needed
Native Broom—10 drops/day or as needed

Native Jasmine-Kaihua—10 drops as needed
Native Tree Fuschia- Kotukutuku— drops/day
Nettle—10 drops/day
Olive Leaf—15-30 drops/day
Peach stones—7 drops as needed or 15 drops/day
Pennyroyal—10 drops/day
Piripiri—5 drops/day and as needed
Puha—10 drops/day
Red Clover—10 drops/day
Rewa Rewa—10 drops/day
Rimu—20 drops/day
Round-leaved Gotu Kola—10-20 drops/day
Self Heal—15 drops/day
Shepherds purse—1-2 dropperfuls/day
Speedwell—20 drops/day
St.Johns Wort—20 drops/day
Tamarack—10 drops/day
Tanekaha—20 drops/day
Taraire—10 drops/day or as needed
Tataramoa—15 drops/day
Ti Kouka—20 drops/day
Totara—10 drops/day
Tree Daisy—10 drops/day and as needed
Vervain—20 drops/day
Violets—10 drops/day
Vipers Bugloss—10 drops/day
Wild Arnica—10 drops/day
Watercress Elixir—15 drops once or twice a day
Wild Carrot—5-10 drops/day
Wild Clematis—5-10 drops as needed
Wild Ginger—10 drops/day
Wild Juniper—10 drops/day
Wild Roses Heart Chakra—5 drops as needed
Wood betony—15 drops/day
Yarrow—10 drops/day
Yellow Dock—20-30 drops/day