

Recommended Gemmotherapy Dosage Guidelines

Gemmotherapy extracts are sold in concentrated or D1 dilutions. I recommend the use of D1 dilutions in the following amounts.



General Dosage:

Guidelines for Nervous System Extracts

(per extract each morning, midday or evening, directly in the mouth)

- 10 yrs to Adult: 1-3 drops per extract
- 5 to 10 yrs: 1-2 drops per extract
- 3 to 6 yrs: 1-2 drops per extract
- Infants-Toddlers: 1 drop per extract

Guidelines for Adrenal Extracts

(per extract each midday in a small amount of water)

- 10 yrs to Adult: 3-24 drops per extract
- 5 to 10 yrs: 3-12 drops per extract
- 3 to 6 yrs: 1-6 drops per extract
- Infants-Toddlers: 1-3 drops per extract

Guidelines for Elimination Extracts

(per extract each midday in a small amount of water. Elimination extracts may be repeated before dinner if needed.)

- 10 yrs to Adult: 3-24 drops per extract
- 5 to 10 yrs: 3-12 drops per extract
- 3 to 6 yrs: 1-6 drops per extract
- Infants-Toddlers: 1-3 drops per extract

Guidelines for Acute Care Extracts

Acute symptoms are symptoms that have come on suddenly due to an illness or accident.

- 10 yrs to Adult: 3-24 drops per extract
- 5 to 10 yrs: 3-12 drops per extract
- 3 to 6 yrs: 1-6 drops per extract
- Infants-Toddlers: 1-3 drops per extract

Acute Dosing Frequency: First 24 Hours: Every 1-3 hours, reducing as symptoms improve

Acute Vomiting, Fever, or Allergic Reaction: Every 15 minutes until improved

Acute Topical (for stings, hives, abscess): Up to 4x daily with clean fingertips