

BALM! Baby Bye Bye Teething, Hello Sleep Tincture Usage Chart

Our teething products have been around for 9 years (since 2010), and have been used by 1000s of families of all ages for teething pain, other pain, anxiety, and insomnia. We like to call it our "Natural Ibuprofen." Our teething products are herbal, formulated by experts, using the same herbs that have been used for centuries to relieve pain and inflammation, and calm nerves associated with teething and other issues. We hope our products bring you & your Fam relief! Please use this chart as a guide for dosage & usage. Please contact us if you have any questions at: balmbaby@gmail.com



Age / Weight	How Much	How Often	Directions
Teething / Colic / Fussy Babies		How often depends on many factors, esp. how BAD your baby is teething. Please refer to averages below.	
0 to 6 mos. (6-18lbs)	Consult your health advisor* (or other sources), but most use 1-2 dropper fulls (1/8 tsp - 1/4 tsp)	*Because we are not doctors, we have to recommend 6+ months. However, many have used our natural, herbal tincture, starting with 1 dropper full (1/8 tsp), and adding as needed up to 4 dropper fulls (1/2 tsp).	<p>1) Test on adult (if first use) for desired taste. Dilute with purified water, if desired (*many do this with our vinegar base)</p> <p>2) Give straight using the glass dropper, teaspoon, or add to a bottle / cup if desired. *For adults, easiest to use a tsp. / TBS</p> <p>TIPS: *Give recommended amount under "How Much," and adjust as needed, as amounts are based on AVERAGES. Use more if needed (esp. for adults). Our tincture contains effective, yet gentle herbs, so it is ok to use more, just don't overdo it, as the averages are usually enough, and you don't want to waste your product.</p> <p>*Give several times a day as needed.</p> <p>*Store in fridge to extend freshness.</p> <p>*6+ months is what we have to recommend, as we are not doctors. If under 6 mos., ask your health advisor.</p>
6 to 12 mos. (18-22lbs)	1-4 dropper fulls (1/8 tsp - 1/2 tsp)	Average is administering every 1 to 4 hours. Readminister as soon as baby shows signs of pain again (e.g. fussiness, drooling, pulling at ears, excessive chewing, etc.).	
1 to 2 years (22-28lbs)	2-4 dropper fulls (1/4 tsp - 1/2 tsp)	Average is administering every 1 to 4 hours. Readminister as soon as baby shows signs of pain again (e.g. fussiness, drooling, pulling at ears, excessive chewing, etc.).	
2 to 4 years (29-35lbs)	2-6 dropper fulls (1/4tsp-3/4tsp)	Average is administering every 1 to 2 hours. Readminister as soon as child shows signs of pain again (e.g. fussiness, drooling, pulling at ears, excessive chewing, etc.).	
4 to 12 years	1 tsp - 1 TBS	Readminister every 1-2 hours, or at any signs of pain / insomnia returning.	
Insomnia / Trouble Falling asleep	1 tsp - 2 TBS	Readminister every 1-2 hours, or as signs of insomnia returns.	
For uses other than Teething (12+ years)	Tooth Aches (adults)	1 tsp - 2 TBS	Readminister every 1-2 hours, or as any pain starts to return. If visiting the dentist: *Use 1/2hr-1hr before, and immediately following
	Anxiety & Other Pain (headaches, swelling, sore joints, etc.)	1 tsp - 2 TBS	Readminister every 1-2 hours, or as any pain starts to return.