



## Dosage

### Administration

- Formulas can be taken directly. They can also be taken with a small amount of water.
- Non-acidic fruit juices such as apple or pear may be taken with the dose.
- For taste sensitive patients, black cherry juice masks bitterness, honey adds sweetness.
- Formulas should not be taken with food. They can otherwise be taken at any time.

### Course of Treatment

- **Acute** conditions (e.g. Cold/Flu, Food Poisoning, Sinusitis) generally require a treatment course of 1 to 3 weeks in duration. We prefer to administer these doses 3-4x/day for several days in the beginning and then lower the dose as the symptoms improve. Most patients experience improvement after compliant use of one to two bottles. If symptoms and TCM diagnosis of the disharmony do not improve, a dosage adjustment may be required.
- **Chronic** conditions typically require a treatment course varying from 2 to 6 months or longer. Symptoms of chronic conditions usually improve significantly during the first month of treatment. Dosage during this first month can start high (e.g. 2 tsp 2x/day) and then can be lowered (e.g. 1 tsp 1x/day) as the symptoms and condition improves. Most patients experience improvement in their condition after compliant use of three bottles. If symptoms and TCM diagnosis of the disharmony do not improve, a dosage adjustment may be required.

### Modification of Formulas

- When a standard formula does not meet the needs of a patient, two or more formulas can be combined to create a more targeted treatment for the patient. We offer empty bottles, caps and funnels for such an occasion.



## **Dosage**

The dosages listed on our product information sheets, and our website are given in a range for your reference. Our labels do not list an official dosage, this is to be determined by you, the provider.

- Griffo botanicals are very concentrated. One teaspoon of our formulas is roughly equivalent to 2-3 teaspoons of most other tinctures, 3 Capsules, or 12 teapills.
- When determining correct dosage: consider the patient's weight and age, and the condition's severity and duration when using the following guidelines.

## **Chronic Condition Guideline**

- ❖ Mild to moderate, ½-1 teaspoons, twice daily (BID)
- ❖ Moderate to severe, 2-3 teaspoons, twice daily (BID)

## **Acute Condition Guideline**

- ❖ Mild to moderate, 2-3 teaspoons, twice daily (BID)
- ❖ Moderate to severe, 2-3 teaspoons, three times daily (TID)  
Patients with profound acute conditions may require an increased dosage of up to four times daily. These higher dosages are frequently reduced after significant improvement in the patient's condition.

**Frequent doses provide greater therapeutic results, as higher, more constant levels of herbs are maintained in the blood and organs.**

If you have questions requiring the correct dosage for your patient, or the correct formula for your patient, please feel free to contact us.

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