

*Capsule instructions are at the bottom of this page.*

1. Ignore the small plastic (“gram”) spoon that has come with your herbs.
2. Instead, follow the written instructions which include either “teaspoon” or “Tablespoon” .
3. **If you cannot manage to take the herbs twice a day, then double the morning dose.**  
*Unless your formula is primarily for insomnia, in which case, take the double at night.*
4. Mix the herb powder with warm water, juice or any other potable liquid. The strongest flavor will be with water. The flavor of the herbs will be minimized by using juice or herbal tea, etc.
5. Any organic sweetener may be used if necessary.
6. Be sure to drink all of the herbal powder for each dose (add liquid to drink the herbs that settle at the bottom of the cup – those are the medicine itself!).
7. When possible, take the herbs on an empty stomach. If digestive symptoms (such as bloating, stomach discomfort, or gas) occur, try taking the herbs with food, as this will likely eliminate the trouble.
8. All granule formulas are meant to be finished. Continue taking the herbal powder as directed until the entire distributed amount is completed.
9. Let Daniel know (email is best) at least a week before finishing the herbs, so that a new formula can be ordered as appropriate.

10. This last method is an alternative option.

Take the herb powder (whatever dosage has been prescribed), hold your breath, and place the powder in your mouth – continue to hold your breath – then drink liquid to consume the powder. Note: Do not inhale the powder, as that would not be good or pleasant.

**CAPSULES:** If you have encapsulated granules, the most common dosage (for an adult) is 15 pills, 2 to 3 x / day.

Children often cannot swallow pills. That said, the common dosage for a child varies based on the age and size of the child, and the formula being used (ask Daniel for the dosage).