

MEDI  HERB[®]

Liquid Blends for *Children*

Ages 3–12

Considerations when Prescribing Liquid Herbs to Children

This liquid blending book specifically covers herbal blends suitable for children aged 3 – 12. There are a number of factors to consider when prescribing liquid herbs to children, these include:

- As their bodies are developing, their absorption and metabolism of herbal actives can be different to adults
- Because of this, not all herbs are appropriate for use in children
- Doses need to be adjusted according to weight/age
- Children have different susceptibilities, responses and disease patterns compared to adults
- On a positive note: children have a strong vital force and respond well to appropriate herbs
- Compliance can be challenging – while some herbs may be appropriate in children, the flavour may require substitution with better tasting herbs.

Contents

Considerations when Treating Children	2	Mild Anxiety (with Cognitive Impairment).....	14
Ethanollic Extracts and Children	4	Nervous Dyspepsia – option 1.....	14
Calculating the Appropriate Dose	5	Stress Support – option 1.....	14
Supporting Compliance in Children	5	Stress Support – option 2 (7 years +).....	14
Immune Support	6	Mood and Sleep Support	15
Actions.....	6	Irritability.....	15
Immune Tonic.....	7	Mood Balance – option 1.....	15
Acute Infections.....	7	Mood Balance - option 2 (7 years +).....	15
Chronic and Recurrent Colds/Flu.....	7	Restless Sleep Support (Maintenance).....	15
Convalescence Support.....	7	Sleep Latency.....	15
General Antiviral Support.....	7	Digestion Support	17
Antibacterial Support.....	7	Actions.....	17
Antifungal Support.....	7	General Digestive Support	18
Cough Support	9	Bloating.....	18
Dry and Irritated.....	9	Digestive Stimulant.....	18
Chesty with Unproductive Mucous.....	9	Dyspepsia.....	18
Spasmodic.....	9	Flatulence.....	18
Chesty with Productive Mucous.....	9	Food Intolerances – Symptomatic Relief.....	18
Acute Bronchitis.....	9	Acute Gastritis Support.....	18
Pertussis Support.....	9	Nausea.....	18
Ear, Nose and Throat	10	Nervous Dyspepsia – option 2.....	18
Pharyngitis.....	10	Reflux.....	18
Otitis Media (serous).....	10	Constipation and Diarrhoea Support	19
Tonsillitis.....	10	Short-term Constipation Relief.....	19
Otitis Media (infectious).....	10	Long-term Constipation Relief.....	19
Sinus – Congested.....	10	Diarrhoea.....	19
Sinus - Rhinorrhea.....	10	Gastrointestinal Infections	21
Allergy Support	11	Parasites e.g. <i>Blastocystis hominis</i>	21
Seasonal Allergies.....	11	Viral Gastroenteritis.....	21
Asthma Support.....	11	Dysbiosis.....	21
Hay Fever.....	11	Helminths.....	21
Eczema.....	11	Bacterial Infection.....	21
Nervous System Support	13	Common Presentations in Children	22
Actions.....	13	Blood Building.....	22
Anxiety, Stress and Cognition Support	14	Nocturnal-Enuresis (bed wetting).....	22
Concentration/Memory Support.....	14	Healthy Development Tonic.....	22
Mild Anxiety - option 1.....	14	UTI's.....	22
Mild Anxiety - option 2.....	14	Vaccination Support.....	22
		Fussy Eater Formula.....	22

Ethanolic Extracts and Children

The suitability of ethanolic extracts in children is sometimes a concern that is raised. A review exploring data from pediatric studies and pharmacovigilance programs, included over 50,000 children taking herbal extracts. The data found no adverse effects attributable to the ethanol content.¹ Some points to note include:

- 1mL of 40% ethanol extract contains 0.33g of ethanol
- The average dose of herbs for a 6 year old is 1.5mL, which contains 0.5g of ethanol which is metabolised and cleared within minutes of absorption
- For reference, one standard drink contains 10g of ethanol, while fruit juice can contain 0.77g/L

Thus, at adjusted doses according to weight, adverse effects from ethanolic extracts are not expected.

Calculating the Appropriate Dose

A number of methods can be utilised to calculate doses for children. These values are only approximate because of the complex metabolic changes that occur during growth and maturation. MediHerb® and Professor Kerry Bone recommend Salisbury's Rule for children over 2 years as it is based on weight rather than age.

Salisbury Rule

Children over 2 years

Weight (kg) x 2 (if weight is less than 30kg)*

Weight (kg) + 30 (if weight is greater than 30kg)*

*This gives the percentage of the adult dose

For example:

20 kg child: $20 \times 2 = 40\%$ of 5 mL* = 2 mL

40 kg child: $40 + 30 = 70\%$ of 5 mL* = 3.5 mL

Supporting Compliance in Children

- ✓ Mix with a sweetening agent to mask the flavour
e.g. concentrated fruit juice (pear/apple and black current), honey or maple syrup
- ✓ Follow up quickly with a sweet drink
e.g. juice or a "treat"
- ✓ Add single doses of liquid herbs to individual jellies (these can be made in ice cube trays)



Avena sativa

Immune Support

Actions

Antibacterial/ Antimicrobial

Golden seal
Pelargonium
Elicampane
Sage
Thyme

Demulcent

Licorice*
Marshmallow
Mullein
Ribwort
Slippery elm

Immune Modulating

Astragalus
Echinacea
Siberian ginseng
Withania
Pelargonium
Andrographis
Tinospora
Shiitake mushroom
Reishi mushroom
Maitake mushroom

*Short term use only

Anticatarhal

Eyebright
Elder flowers
Golden rod
Mullein
Ribwort
Golden seal
Euphorbia

Diaphoretic

Ginger
Elder flowers
Elicampane
Pleurisy root
Lime flowers
Peppermint

Spasmolytic (Respiratory)

Adhatoda
Thyme
Elicampane
Grindelia
White horehound
Mullein
Euphorbia

Antipyretic

Rehmannia
Andrographis
Yarrow

Expectorant

Elicampane
Grindelia
Licorice*
Pleurisy root
Pelargonium
Thyme
White horehound

Antitussive

Licorice*
Wild cherry



Echinacea spp.

Immune Support (continued)

Formulas

Immune Tonic

Astragalus	1:2	30 mL
Tinospora	1:2	42 mL
Siberian ginseng	1:2	20 mL
Withania	2:1	10 mL
		102 mL

Chronic and Recurrent Colds/Flu

Siberian ginseng	1:2	35 mL
Echinacea Premium	1:2	30 mL
Astragalus	1:2	35 mL
		100 mL

General Antiviral Support

Lemon balm	1:2	25 mL
Licorice	1:1	15 mL
St. John's wort high grade	1:2	35 mL
Echinacea Premium	1:2	25 mL
		100 mL

Antifungal Support

Pelargonium	1:5	40 mL
Thyme	1:2	30 mL
Echinacea Premium	1:2	30 mL
		100 mL

Acute Infections

Echinacea Premium	1:2	20 mL
Elder flowers	1:2	25 mL
Andrographis	1:2	30 mL
Pelargonium	1:5	25 mL
		100 mL

Convalescence Support

Mushroom combination of Reishi, Shiitake and Maitake		
OR		
Echinacea Premium	1:2	20 mL
Tinospora	1:2	42 mL
Siberian ginseng	1:2	15 mL
Codonopsis	1:2	30 mL
		107 mL

Antibacterial Support

Thyme	1:2	30 mL
Echinacea Premium	1:2	30 mL
Golden seal	1:3	20 mL
Pelargonium	1:5	20 mL
		100 mL

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.



Lentinula edodes



Phytotherapy is particularly well-suited for children. Treatment is generally safe and side effects are minimal. There is often an accumulation of traditional experience with the utilization of particular herbs for common childhood problems. As well as alleviating symptoms, herbs can facilitate developmental changes...and thereby benefit the long-term health of the child.



Professor Kerry Bone

Cough Support

Formulas

Dry and Irritated

Marshmallow root glycyrrhizic acid	1:5	20 mL
Licorice	1:1	20 mL
Wild cherry	1:2	20 mL
Mullein	1:2	40 mL
		100 mL

Chesty with Unproductive Mucus

Ribwort	1:2	30 mL
Echinacea Premium	1:2	20 mL
Elecampane	1:2	20 mL
White horehound	1:2	30 mL
		100 mL

Spasmodic

Adhatoda	1:2	25 mL
Grindelia	1:2	20 mL
Elecampane	1:2	35 mL
Licorice	1:1	20 mL
		100 mL

Chesty with Productive Mucus

Elder flowers	1:2	30 mL
Mullein	1:2	40 mL
Pelargonium	1:5	30 mL
		100 mL

Acute Bronchitis*

Echinacea Premium	1:2	20 mL
Mullein	1:2	30 mL
Pelargonium	1:5	30 mL
Pleurisy root	1:2	20 mL
		100 mL

Pertussis Support*

Thyme	1:2	20 mL
Golden seal	1:3	15 mL
Echinacea Premium	1:2	20 mL
White horehound	1:2	15 mL
Elecampane	1:2	30 mL
		100 mL



***Immediate medical attention is necessary.** Refer patient to their medical practitioner. Herbal support may be applicable as an adjunct to medical treatment.

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.

Ear, Nose and Throat

Formulas

Pharyngitis

Licorice	1:1	20 mL
Echinacea Premium	1:2	25 mL
Pelargonium	1:5	30 mL
Thyme	1:2	25 mL
		100 mL

Tonsillitis

Golden seal	1:3	20 mL
Echinacea Premium	1:2	30 mL
Sage	1:2	20 mL
Marshmallow root glycytract	1:5	30 mL
		100 mL

Sinus - Congested

Ribwort	1:2	30 mL
Elder flowers	1:2	20 mL
Echinacea Premium	1:2	20 mL
Eyebright	1:2	30 mL
		100 mL

Otitis Media (serous)

Golden rod	1:2	25 mL
Elder flowers	1:2	20 mL
Echinacea Premium	1:2	25 mL
Eyebright	1:2	30 mL
		100 mL

Otitis Media (infectious)

Pelargonium	1:5	35 mL
Echinacea Premium	1:2	20 mL
Elder flowers	1:2	15 mL
Ribwort	1:2	30 mL
		100 mL

Sinus - Rhinorrhea

Eyebright	1:2	30 mL
Golden rod	1:2	40 mL
Echinacea Premium	1:2	30 mL
		100 mL

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.



Althea officinalis

Allergy Support

Formulas

Seasonal Allergies

Albizia	1:2	25 mL
Nettle leaf	1:2	25 mL
Echinacea Premium	1:2	20 mL
Nigella	1:2	30 mL
		100 mL

Asthma Support

Adhatoda	1:2	25 mL
Nettle leaf	1:2	30 mL
Grindelia	1:2	20 mL
Ginkgo	2:1	25 mL
		100 mL

Hay Fever

Eyebright	1:2	30 mL
Golden rod	1:2	20 mL
Echinacea Premium	1:2	20 mL
Albizia	1:2	30 mL
		100 mL


Eczema

Nettle leaf	1:2	40 mL
Clivers	1:2	30 mL
Albizia	1:2	30 mL
		100 mL

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.



Urtica dioica

A close-up photograph of lavender flowers in a field. The flowers are in various stages of bloom, with some showing vibrant purple petals and others as buds. The background is a bright, hazy sun, creating a warm, golden glow and soft bokeh effects. The overall mood is peaceful and natural.

Lavender is a versatile herb,
useful for the digestive
and nervous system.
Consider it for anxiety,
mood, restlessness, poor
sleep, nervous/flatulent
dyspepsia and colic.

Lavandula officinalis

Nervous System Support

Actions

Adaptogen

Rhodiola
Tinospora
Siberian ginseng
Withania
Codonopsis

Adrenal Tonic

Rehmannia
Licorice (short term use only)

Anxiolytic

Bacopa
Californian poppy
Oats green
Lavender
Passionflower
Withania
Zizyphus

Cognition Enhancing

Bacopa
Ginkgo
Rhodiola
Rosemary
Siberian ginseng
Tinospora
Withania

Cortisol Reduction

Rhodiola
Withania

Irritability

Lemon balm
Passionflower
Skullcap
St. John's wort
Vervain
Zizyphus

Mood Support

Lavender
Rhodiola
Saffron
St. John's wort
Withania
Oats seed
Vervain

Nervous System Tonics

Skullcap
St. John's wort
Motherwort
Lemon balm
Chamomile

Sedative/Hypnotic

California poppy
Cramp bark
Lemon balm
Lavender
Chamomile

Sleep Latency

Zizyphus
Passionflower

Sleep Maintenance

Oats seed
Skullcap
Passionflower

Anxiety, Stress and Cognition Support

Formulas

Concentration/Memory Support

Siberian ginseng	1:2	25 mL
Bacopa	1:2	35 mL
Tinospora	1:2	42 mL
		102 mL

Mild Anxiety option 1

Passionflower	1:2	30 mL
Chamomile	1:2	30 mL
Oats green	1:2	40 mL
		100 mL

Mild Anxiety option 2

Lemon balm	1:2	30 mL
Skullcap	1:2	30 mL
Passionflower	1:2	40 mL
		100 mL

Mild Anxiety (with Cognitive Impairment)

Bacopa	1:2	40 mL
Passionflower	1:2	30 mL
Withania	2:1	30 mL
		100 mL

Nervous Dyspepsia

Chamomile	1:2	35 mL
Lemon balm	1:2	30 mL
Vervain	1:2	35 mL
		100 mL

Stress Support option 1

Tinospora	1:2	45 mL
Skullcap	1:2	25 mL
Withania	2:1	30 mL
		100 mL

Stress Support option 2 (7 years +)

St. John's wort high grade	1:2	20 mL
Withania	2:1	30 mL
Skullcap	1:2	30 mL
Rhodiola	1:1	20 mL
		100 mL

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.



Mood and Sleep Support

Formulas

Irritability

Chamomile	1:2	20 mL
Lemon balm	1:2	20 mL
Zizyphus	1:2	40 mL
Passionflower	1:2	20 mL
		100 mL

Mood Balance option 1

Vervain	1:2	20 mL
Oats seed	1:1	30 mL
Withania	2:1	30 mL
St. John's wort	1:2	20 mL
		100 mL

Mood Balance option 2 (7 years +)

Lavender	1:2	30 mL
Rhodiola	1:1	30 mL
Saffron	1:20	20 mL
Lemon balm	1:2	20 mL
		100 mL

Restless Sleep Support (Maintenance)

California poppy	1:2	30 mL
Passionflower	1:2	40 mL
Oats seed	1:1	30 mL
		100 mL

Sleep Latency

Zizyphus	1:2	40 mL
Lavender	1:2	30 mL
Skullcap	1:2	30 mL
		100 mL

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.

☺☺

Two of the keys to realising the true potential of herbs in the management and promotion of children's health are appropriate doses and good compliance. Ensuring these can be a challenge, but the skilled clinician is up to the task and will reap the rewards.

☺☺

Professor Kerry Bone



Digestion Support

Actions

Antiemetic

Barberry
Fringe tree
Ginger
Globe artichoke
Peppermint

Antiparasitic

Barberry
Garlic (6-12 years)
Wormwood*

Bitter Tonic

Globe artichoke
Yarrow

Demulcent

Fenugreek
Marshmallow

Mucous Membrane Trophorestorative

Golden seal

Antibacterial

Barberry
Garlic (6-12 years)
Golden seal
Thyme

Anti-diarrheal

Raspberry leaf

Carminative

Chamomile
Cinnamon quills
Ginger
Lavender
Lemon balm
Peppermint
Rosemary

Hepatoprotective

Andrographis
Bupleurum
Globe artichoke
St. Mary's thistle
Rosemary

Spasmolytic

Chamomile
Cinnamon quills
Cramp bark
Lavender
Lemon balm
Peppermint
Yarrow

Antifungal

Calendula
Garlic (6-12 years)
Thyme
Pelargonium

Anti-inflammatory

Licorice
Baical skullcap
Calendula
Chamomile
Fenugreek
Yarrow

Cholagogue

Barberry
Fringed tree
Globe artichoke
Peppermint
Yellow dock

Hepatotrophorestorative

Globe artichoke
St. Mary's thistle

Antimicrobial

Barberry
Calendula
Golden seal
Thyme
Sage

Aromatic Digestive

Chen pi
Cinnamon quills
Ginger

Choleretic

Barberry
Dandelion root
St. Mary's thistle
Turmeric

Laxatives

Barberry (mild)
Burdock (mild)
Dandelion root (mild)
Fringe tree (mild)
Yellow dock (mild)

*Use cautiously due to potentially toxic thujone content. Use lowest therapeutic dose possible. Routinely used at appropriate doses in children for helminth infestation.

General Digestive Support

Formulas

Bloating

Chamomile	1:2	40 mL
Lemon balm	1:2	30 mL
Globe artichoke	1:2	30 mL
		100 mL

Flatulence

Peppermint	1:2	20 mL
Chamomile	1:2	40 mL
Cinnamon quills	1:4	40 mL
		100 mL

Nausea

Peppermint	1:2	30 mL
Chamomile	1:2	40 mL
Globe artichoke	1:2	30 mL
		100 mL

Digestive Stimulant

Chen pi	1:2	30 mL
Cinnamon quills	1:4	40 mL
Globe artichoke	1:2	30 mL
		100 mL

Food Intolerances – Symptomatic Relief

Chamomile	1:2	30 mL
St. Mary's thistle glyctract	1:1	30 mL
Peppermint	1:2	20 mL
Marshmallow root glyctract	1:5	20 mL
		100 mL

Nervous Dyspepsia

Lemon balm	1:2	30 mL
Lavender	1:2	30 mL
Chamomile	1:2	40 mL
		100 mL

Dyspepsia

St. Mary's thistle glyctract	1:1	30 mL
Chamomile	1:2	30 mL
Globe artichoke	1:2	20 mL
Marshmallow root glyctract	1:5	20 mL
		100 mL

Acute Gastritis Support

Chamomile	1:2	40 mL
Marshmallow root glyctract	1:5	40 mL
Licorice	1:1	20 mL
		100 mL

Reflux

Chamomile	1:2	30 mL
St. Mary's thistle glyctract	1:1	30 mL
Marshmallow root glyctract	1:5	40 mL
		100 mL

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.



Mentha x. piperita

Constipation and Diarrhoea Support

Formulas

Short-term Constipation Relief

Dandelion root	1:2	25 mL
Licorice	1:1	25 mL
Yellow dock	1:2	20 mL
Chamomile	1:2	30 mL
		100 mL

Long-term Constipation Relief

Marshmallow root glyceextract	1:5	30 mL
St. Mary's thistle glyceextract	1:1	30 mL
Chamomile	1:2	40 mL
		100 mL

Include Slippery elm powder blended in water in the prescription
Ensure adequate fiber and water intake

Diarrhoea*

Raspberry leaf	1:2	40 mL
Lemon balm	1:2	20 mL
Yarrow	1:2	20 mL
Bilberry	3:1	20 mL
		100 mL

Also consider the use of Slippery elm Powder blended with water to help bulk the stool. Another important consideration is electrolyte replacement therapy

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.

* Refer children to a medical professional for a thorough medical assessment if a child experiences diarrhoea multiple times through the day or it lasts longer than 3 days, or if there are signs of dehydration:

- Urinating less than normal
- Sticky or dry mouth
- Reduced tears when crying
- Sunken eyes
- Dizziness
- Drowsiness



☺☺

The Eclectics regarded Berberis primarily as a tonic, but it was also used for conditions affecting the liver and gallbladder, and for diarrhoea, dysentery and parasitic infections.

☺☺

Mills & Bone 2013

Berberis vulgaris

Gastrointestinal Infections

Formulas

Parasites e.g. *Blastocystis hominis*

Tinospora	1:2	60 mL
Myrrh*	1:5	10 mL
Echinacea Premium	1:2	30 mL
		100 mL

*Pulse dose and short term only

Viral Gastroenteritis*

Ginger	1:2	5 mL
Chamomile	1:2	40 mL
St. John's wort high grade	1:2	35 mL
Licorice	1:1	20 mL
		100 mL

*Refer children to a medical professional for thorough medical assessment if the child:³
 - is vomiting or has diarrhoea and is not drinking fluids
 - are unable to keep fluids down due to vomiting
 - are showing signs of dehydration (see page 19)

Dysbiosis

Barberry	1:2	30 mL
St. Mary's thistle glyceextract	1:1	40 mL
Thyme	1:2	30 mL
		100 mL

Helminths

Nigella	1:2	70 mL
Ginger	1:2	5 mL
Wormwood	1:5	5 mL
Chamomile	1:2	20 mL
		100 mL

Bacterial Infection

Golden seal	1:3	25 mL
Thyme	1:2	25 mL
Echinacea Premium	1:2	25 mL
Chamomile	1:2	25 mL
		100 mL

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.



Hydrastis canadensis

Common Presentations in Children

Formulas

Blood Building

Withania	2:1	30 mL
Codonopsis	1:2	60 mL
Ginger	1:2	10 mL
		100 mL

Nocturnal-Enuresis (bed wetting)

Corn silk	1:1	30 mL
Horsetail	1:2	40 mL
Skullcap	1:2	30 mL
		100 mL

*Consider helminths

Healthy Development Tonic

Codonopsis	1:2	30 mL
Tinospora	1:2	42 mL
Nettle leaf	1:2	15 mL
Siberian ginseng	1:2	15 mL
		102 mL

UTI's

Buchu	1:2	30 mL
Couch grass	1:1	40 mL
Echinacea Premium	1:2	30 mL
		100 mL

Vaccination Support

Echinacea Premium	1:2	30 mL
St. Mary's thistle glyceextract	1:1	50 mL
Rosemary	1:2	20 mL
		100 mL

Fussy Eater Formula

St. Mary's thistle glyceextract	1:1	30 mL
Ginger	1:2	5 mL
Chamomile	1:2	30 mL
Dandelion root	1:2	20 mL
Lemon balm	1:2	20 mL
		105 mL

Note: calculate daily dose of formulas following Salisbury's Rule on page 5.



Tinospora cordifolia



Traditional Chinese Medicine prescribing of *Codonopsis* includes: 'Reinforcing qi and invigorating the functions of the spleen and lung. Lack of appetite, fatigue, tired limbs. Diarrhoea, vomiting, chronic cough and shortness of breath'.



Professor Kerry Bone

Additional Resources:

Downloadable resources (located under “Clinic Resources” on myintegria.com):

- *Liquid Blends for Immunity*
- *Liquid Blends for Digestion*
- *Liquid Blends for Stress*
- *Liquid Blends for Topical Applications*
- *Liquid Blends for the Cardiovascular System*

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