

## Nurture & Clarity® / Nurture & Clarity-H® - Dosage and Instructions for Use

The herbal formula Nurture & Clarity® / Nurture & Clarity-H® is to be administered 3 times daily.

The dosage indicated below is the total daily dosage, and is determined by the patient's weight:

Up to 20 kg – 6 cc (= 2cc x 3)	30-35 kg – 10.5 cc (= 3.5 cc x 3)	40-60 kg – 13.5 cc (= 4.5 cc x 3)
20-25 kg – 7.5 cc (= 2.5 cc x 3)	35-40 kg – 12 cc (= 4 cc x 3)	60+ kg – 15 cc (= 5 cc x 3)
25-30 kg – 9 cc (= 3 cc x 3)		

For example, a patient weighing up to 20 kg will take 2 cc, 3 times a day (a total of 6 cc).

### Instructions:

1. Shake the bottle before measuring out the Nurture & Clarity® / Nurture & Clarity-H®.
2. Dilute the formula:
  - Measure out the dosage into a small cup.
  - Pour approximately 2 tablespoons of boiling water into the cup to evaporate the alcohol, which serves as a solvent in Nurture & Clarity® / Nurture & Clarity-H®. Let cool to room temperature.
  - Add about 1/8 cup of water or natural fruit juice or root beer. The total quantity of the liquid should ideally be a quantity that can be drunk in one gulp.
  - You may prepare the total dosage for the following day in advance, on the previous evening. In this case, we recommend keeping the diluted formula refrigerated – although it will not spoil and will retain its beneficial properties even if not refrigerated.
  - You may add the noon/early afternoon dose to your child's lunch box for school.
3. Start gradually:
  - On the first day – one dose only.
  - On the second day – two doses only.
  - On the third day and onwards – three doses daily.
4. If on the first days the child exhibits any side effects or allergic reactions (an extremely rare occurrence, based on our years of experience), stop administering the formula, and contact us.
5. If the child is sick (flu, etc.) discontinue treatment with Nurture & Clarity® / Nurture & Clarity-H® until he/she is well again.
6. It is important to ensure the child takes Nurture & Clarity® / Nurture & Clarity-H® continuously, three times daily; therefore, order another bottle approximately 10 days before finishing the bottle currently used.
7. Please do not hesitate to contact us with any question or comment, at: [info@adhd-clarity.com](mailto:info@adhd-clarity.com)

Each bottle contains 250 cc of formula with a shelf life of 3 years.