



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

Dosage:

Dosage by weight:

Up to 44 lb – 2 cc	67-77 lb – 3.5 cc	89-132 lb – 4.5 cc
44-55 lb – 2.5 cc	78-88 lb – 4 cc	133+ lb – 5 cc
55-66 lb – 3 cc		

The recommended dose is to be taken 3 times daily; for example, a patient weighing up to 44 lbs will take a total of 6 cc each day.

Instructions:

1. Shake the bottle before measuring out the Nurture & Clarity®/ Nurture & Clarity-H®.
2. Dilute the formula:
  - Measure out the dosage using the syringe provided for this purpose into a small cup.
  - Pour approximately 2 tablespoons of boiling water into the cup (to evaporate the alcohol, which serves as a solvent in the Nurture & Clarity®/ Nurture & Clarity-H®).
  - Wait a few minutes for the diluted Nurture & Clarity®/ Nurture & Clarity-H® to cool.
  - While it is preferable to dilute Nurture & Clarity®/ Nurture & Clarity-H® with water only, you may add a small quantity of a beverage the child likes to drink, including a natural fruit juice, milk, buttermilk or yoghurt. We advise limiting the total quantity of the liquid to one which the child can drink with one gulp.
  - You may prepare the total dosage for the following day in advance, on the previous evening.
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 the clinic.
5. If the child is sick, 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; 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 260 cc bottle of formula has a shelf life of 3 years and is sufficient for 3-4 weeks.

At your service,  
Tree of Healing