

Herbal Pharmacy

Preparing Formulas from Parts

Northeast School of Botanical Medicine
7Song, Director
7Song.com

This is a way to prepare a tincture formula when give parts rather than amounts. While it may sound confusing when written, it requires only simple math and can be done quickly once the basics are learned. It is helpful to have a calculator. A thank you to Joy for originally writing it down (which I've modified here).

You are basically just dividing the bottle into parts. The amounts of the parts depend on how many parts are going into it, plus the size of the bottle. Read on.

Example 1

Tincture in 4 oz bottle

- Humulus 4 parts
- Piscidia 2 parts
- Verbena 1 part
- Ocimum 1 part

1. First, determine the bottle size in milliliters (ml). Some standard sizes:

- 1 oz=30 ml
- 2 oz=60 ml
- 4 oz=120 ml
- 8 oz=240 ml

2.Add up all the parts to determine the total number of parts in the formula.

- Humulus 4 parts
- Piscidia 2 parts
- Verbena 1 part
- Ocimum 1 part
- $4+2+1+1 = 8$

3.Divide the size of the bottle (in milliliters) by the total parts in the formula.

This will show how many milliliters per part.

- There are 8 parts in the above formula going into a 120 ml (4 oz) bottle.
- $120 \div 8=15$.
- 15 is how many parts this formula will be divided into. This is determined by the size of the bottle and the amounts of parts going into the formula

4. Multiply each ingredient individually by the above number. This will determine the total milliliters of each ingredient

- Humulus 4 parts x 15 = 60 ml
- Piscidia 2 parts x 15 = 30 ml
- Verbena 1 part x 15 = 15 ml
- Ocimum 1 part x 15 = 15 ml
- **60+30+15+15 = 120**

5. Measure and pour the tinctures

Example 1 Summation

Tincture in 120 ml bottle

- Humulus 4 parts
- Piscidia 2 parts
- Verbena 1 part
- Ocimum 1 part

1. $4+2+1+1 = 8$ parts
2. $120 \text{ ml} \div 8 \text{ parts} = 15$
3. Humulus 4 parts x 15 = 60 ml
4. Piscidia 2 parts x 15 = 30 ml
5. Verbena 1 part x 15 = 15 ml
6. Ocimum 1 part x 15 = 15 ml
7. **$60+30+15+15 = 120$**

Example 2

Tincture in a 2 oz (60 ml) bottle

- Ginkgo 2 parts
- Centella 2 parts
- Acorus 1 part
- Elettaria $\frac{1}{2}$ part
- $2+2+1+.5 = 5.5$ parts

1. $60 \text{ ml} \div 5.5 \text{ parts} = 10.9$ milliliters per part (round off to 10.5)
2. Ginkgo 2 parts x 10.5 = 21 ml
3. Centella 2 parts x 10.5 = 21 ml
4. Acorus 1 part x 10.5 = 10.5 ml
5. Elettaria .5 part x 10.5 = 5.25 ml
6. $21+21+10.5+5.25 = 57.75$ ml (pretty close to 60 ml)