

# How to Create Customized 5:1 Extract Powders

A practical guide for Plum Flower® Extract Powders



- SULPHUR FREE-CHLORINE FREE
- ALUMINUM PHOSPHATE FREE
- FULL SPECTRUM CONCENTRATE
- REPLENISHED ESSENTIAL OILS
- LOW TEMPERATURE EXTRACTED
- HEAVY METALS TESTED
- TLC TESTED

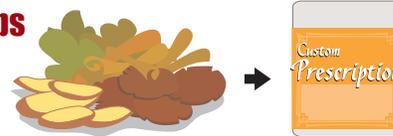
Most herbalists trained in traditional Chinese medicine are taught to use herbs based on a customary and standardized system of formulation. In this tradition, dosage guidelines are predetermined within classic textbooks. The dosages in these texts are based on weight and presumed to be prepared on a daily dose basis by water decoction. In preparing such formulas the prescribing practitioner focuses on the amount of each herb needed based on its role in the formula.

For example, when we prescribe a small formula like Er Chen Tang (4 herbs), we might use a total of 30 grams boiled down to one cup of liquid. When we prescribe a large formula like Tian Wang Bu Xin Dan (14 herbs), we might prescribe 40-80 grams also decocted to one cup of liquid. With either formula the patient will cook with and drink approximately the same amount of liquid, but the ratio of herbs in the liquid is not predetermined or measured. The patient will ingest a greater or smaller amount of individual herbs within the final decoction.

Creating formulas using 5:1 extract powders is different from the standard system because it requires using the ratio of herbs in a formula to determine the dosage and weight of a single herb within the formula. Rather than determining the weight of each herb first as we would with single bulk herbs, we determine the total quantity of extract powder desired, then determine what percentage of the total each single herb will be.

The three main methods practitioners use to create concentrated extract powder formulas are: 1. Direct conversion from a single bulk herb prescription. 2. Adding single herbs to a pre-made extract formula. 3. Combining two or more pre-made extract formulas.

## Convert your Bulk Herbs into a 5:1 Extract Powder Formula.



1. First, write the formula for bulk single herbs with the dosages in grams. If you use qian, translate the dosages to grams by multiplying each qian by 3 (round off to whole numbers if necessary). Add the total number of grams in your formula for the **Bulk Herb Total**.

Ban Xia	9g
Chen Pi	6g
Fu Ling	9g
+ Gan Cao	3g
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Bulk Herb Total	= 27g

2. Determine the **Extract Powder Total**- the total amount of this formula to be administered. Multiply the grams you would like the patient to take per day by the total number of days.

Example: If you would like to administer the formula for 18 days and use a standard dose\* of 9 grams a day, you would multiply 18 by 9 for 162g. This is the **Extract Powder Total**.

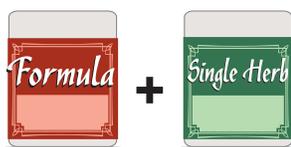
3. Determine the **Converting Ratio**. Divide the **Extract Powder Total** by the **Bulk Herb Total**, rounding off if necessary.

Extract Powder Total	162
Bulk Herb Total	27
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Converting Ratio	= 6

4. Finally, multiply the amount of each individual herb (grams from the original prescription) by the **Converting Ratio**. The result will be the amount of each herb (in grams) needed in the final extract powder formula.

Ban Xia	9g x 6 = 54g
Chen Pi	6g x 6 = 36g
Fu Ling	9g x 6 = 54g
+ Gan Cao	3g x 6 = 18g
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Extract powder Total	= 162g

## Adding Single Herbs to a Pre-made 5:1 Extract Powder Formula



Modifying pre-made extract formulas by adding single herbs allows you to tailor formulas to suit a patient's condition while receiving the benefits of formulas which have been decocted together. For example, a patient presents predominately with Liver and Kidney Yin deficiency but also has some Liver Qi stagnation. To address this multi-syndrome picture, one might add some Qi moving herbs to a pre-made formula like Liu Wei Di Huang San.

1. First, decide on the percentage of the pre-made formula to the Qi movers. For example, out of 100 grams, 80% (80 grams) Liu Wei Di Huang San is blended with 20% (20 grams) Qi moving herbs.

2. Next, determine the **amount of each** needed by dividing the number of single herbs by their percentage of the formula. For example, if three Qi movers were chosen- their dosage would be 6.6 grams each. ( $20 \div 3 = 6.66$ ). Remember to round your numbers.

### +3 Qi Movers

Liu Wei Di Huang San	80g
chuan lian zi	6.6g
he huan pi	6.6g
+ mei gui hua	6.6g
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Initial Total	= 100g

3. Take note of your **Initial Total**. In most cases this will be 100g.

4. Multiply the number of days to administer the formula by the amount of herbs per day for the **Prescription Total**.

Example: If you want to administer the formula for 28 days at a standard dosage\* of 9 grams a day: multiply 28 by 9 for a **Prescription Total** of 252g.

5. Determine the **Converting Ratio** by dividing the **Prescription Total** by the **Initial Total** (again, round off if necessary).

$$\frac{\text{Prescription Total } 252\text{g}}{\text{Initial Total } 100\text{g}} \\ \text{Converting Ratio} = 2.5\text{g}$$

6. Finally, multiply the amount in grams of each herb by the **Converting Ratio** for the amount of each herb (in grams) needed in the final formula.

Liu Wei Di Huang San	$80\text{g} \times 2.5 = 200\text{g}$
chuan lian zi	$7\text{g} \times 2.5 = 18\text{g}$
he huan pi	$7\text{g} \times 2.5 = 18\text{g}$
+ mei gui hua	$7\text{g} \times 2.5 = 18\text{g}$
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Total	= 254g (+/-252g)

## Dosing Guide

### Acute disease:

4 grams (2tsp) every 6 hours  
-maximum 4x/day (16 grams/day)

### Sub-acute:

4 grams (2tsp) every 6 hours  
-maximum 3x/day (12 grams/day)

### Chronic:

4 grams (2tsp) every 10-12 hours  
-maximum 2x/day (8 grams/day)

### Maintenance:

2 grams (1 tsp) 2x/day -(4 grams/day)

Herbs are generally administered 1 hour before meals or 1 hour after meals depending on the nature of the disease and the constitution of the patient.

1 level teaspoon is equal to 2 grams.

\*A standard dosage of concentrated extract powder is 9 grams a day taken in 3 gram doses, 3 x per day. Many practitioners prescribe 10 grams a day, or 70g a week, for mathematical simplicity. Many practitioners also adjust dosages based on the nature of the disease.

## Combining 2 or More Pre-made 5:1 Extract Powder Formulas



Another popular way to customize your extract powder formulas is to combine two or more pre-made formulas. Example: A patient has Food Stagnation with a build up of Heat and Dampness, plus an underlying Spleen Qi deficiency. We might choose Yue Ju San to clear stagnation with a bit of Si Jun Zi San to protect and nourish the Spleen.

$$\begin{array}{r} \text{Yue Ju San } 85\text{g} \\ + \text{ Si Jun Zi San } 15\text{g} \\ \hline = 100\text{g} \end{array}$$

Sometimes extract formulas are used like single herbs, or single entities, and several are combined together. For example, for a patient with Wei Qi deficiency, Qi and Blood deficiency, and Shen disturbance, a practitioner might combine three formulas, and even add a few single herbs.

$$\begin{array}{r} \text{Yu Ping Feng San } 35\text{g} \\ \text{Nu Ke Ba Zhen San } 35\text{g} \\ \text{An Shen Bu Xin San } 20\text{g} \\ + \text{ ye jiao teng } 10\text{g} \\ \hline = 100\text{g} \end{array}$$