

Tincture Ratio Chart

Use this quick reference to determine the amount of dried herb in each dropperful (1 mL) serving of tincture.

Tincture-to-Dried Herb Ratio Chart		
Extraction Ratio	Serving Size	Amount of Dried Herb
1:10	1 mL	100 mg (0.1 g)
1:5	1 mL	200 mg (0.2 g)
1:3	1 mL	333 mg (0.33 g)
1:2	1 mL	500 mg (0.5 g)
1:1	1 mL	1,000 mg (1.0 g)
2:1*	1 mL	2,000 mg (2.0 g)
<i>* Verify any tincture claiming an extraction ratio of 2:1 or higher (e.g., 5:1, 10:1) is made using whole herbs, not extract powders.</i>		

Access our free *Tincture Recipe and Potency Calculator* by scanning the QR code below.

