

## QUICK REFERENCE SHEET

# COL

*(Formerly Colic - for Adults and Children)*

Catnip, Fennel



1.00 Catnip  
1.00 Fennel

**Total Herbs 2.0 oz**  
**Tincture Ratio - 1:14**  
**Glycerin Ratio - 1:12**

I usually make this as a glycerite, since it will probably be used with children.

Use for colic, gas, and stomach pain in both adults and children. Use 3-4 drops for babies, and 10-20 drops for older children.

Catnip/Chamomile is equally effective. Chamomile is usually strong enough for babies. If I am not getting the results I want, then I will try this one next. Fennel is quite different from Chamomile and, sometimes, a bit too strong for a very young baby.