Clark's Rule

Clark's Rule uses **Weight** in Lbs, *NEVER* in Kg.

Here is the formula:

Adult Dose X (Weight ÷ 150) = Childs Dose

Example
11 year old girl / 70 Lbs

500mg X (70 ÷ 150) = Child's Dose

500mg X (.47)= Child's Dose

500mg X .47 = 235mg

Child's Dose = 235Mg

Young's Rule

Youngs Rule uses **age**.
(which makes it easier to remember, the word young refers to age)

Here is the formula:

Adult Dose X (Age ÷ (Age+12)) = Child's Dose

Example
11 year old girl / 70 Lbs

500mg X (11 ÷ (11+12)) = Child's Dose

500mg X (11 ÷ 23) = Child's Dose

500mg X .48 = Child's Dose

Child's Dose = 240mg