**LD50 Worksheet**

Look up the LD50 for the Essential Oil in your resources

What is the weight of the person in pounds \_\_\_\_\_\_\_\_\_\_

Change the weight in pounds (lbs) to kilograms (kg)

Weight in lbs \_\_\_\_\_\_\_\_\_ divided by 2.2 = \_\_\_\_\_\_\_\_\_\_\_\_\_ weight in kilograms

LD50 for the Essential Oil \_\_\_\_\_\_\_\_\_\_\_\_\_

LD 50 in grams/kilograms (g/kg) \_\_\_\_\_\_\_\_\_\_\_ divided by 1.15 = \_\_\_\_\_\_\_\_\_\_\_\_\_ LD50 in milliliters/kilogram (ml/kg)

Weight in Kg \_\_\_\_\_\_\_\_\_\_\_ multiplied by \_\_\_\_\_\_\_\_\_ LD50 in ml/kg = \_\_\_\_\_\_\_\_\_\_\_\_\_\_ LD50 in ml for the individual

* This total is the amount of ml of the Essential Oil that would be considered to be lethal in one dose half of the time.
* Divide this number by 4 - this would be the amount to consider at the top of the range for safety.
* Remember age, health history, toxins in the body, and environmental factors may contribute to the adverse reaction.
  + You may want to look at a much lower amount when there are contributing factors.
  + When contributing factors are present, you may want to divide the LD50 by 10.
* Remember it is always how a person or animal is feeling and what symptoms are present that will drive intervention not the number on the worksheet.
* This is a way for you to figure out in advance how much is too much or when a person has accidentally ingested or topically gotten a larger amount of Essential Oils.
* Always safety first.
* Adulterated or Fragrance quality Essential Oils may contribute to more adverse reactions at a lower volume.