



HERBAL JOURNAL QUICK REFERENCE CHOOSING THE RIGHT CAPSULE SIZE

A guide to help you choose the best capsule size for your homemade herbal preparations.

CAPSULE SIZES AT A GLANCE

SIZE	000	00	0	1	2	3	4	5
CAPSULE <small>(Actual Size Relative Comparison)</small>								
APPROXIMATE CAPACITY <small>(Moderate Fill)</small>	800 – 1,000 mg	550 – 750 mg	400 – 500 mg	300 – 400 mg	200 – 300 mg	150 – 200 mg	100 – 150 mg	60 – 100 mg
BEST FOR	Large herbs, fewer capsules needed	Excellent for capsule machines, most widely used	★ MY FAVORITE! Most versatile and comfortable for most adults. Perfect all-purpose size.	Smaller doses, great for sensitive swallowers	Smaller doses	Small doses	Children (when appropriate) or very small doses	Smallest commonly available size

Capacities are approximate and vary depending on the herb, moisture content, particle size, and how firmly the capsule is packed.

When in doubt, **SIZE 0** is a wonderful all-around choice!

HOW FINE SHOULD YOU GRIND?



- Grind to a consistency similar to all-purpose flour.
- No coarse stems.
- Tiny leaf flecks are perfectly acceptable.
- Sift if desired for a smoother powder.

BEFORE YOU FILL YOUR CAPSULES



- Herb must be completely dry.
- Use clean, dry hands and equipment.
- Label every batch (herb, date, lot).
- Work in a low humidity environment.

FILLING TIPS



- Fill capsules soon after grinding for best quality.
- Do not over-pack. Moderate pressure is best.
- Use a capsule tray or machine for larger batches.
- Wipe rims of capsules before closing.

STORAGE MATTERS



- Store in amber glass jars.
- Keep away from heat, light & moisture.
- Properly stored, capsules generally maintain best quality for 12 months.



Kathy's Apothecary Tip

I pulse herbs in short bursts rather than running the grinder continuously. It creates a more even powder while helping preserve the herb's aromatic compounds.



IMPORTANT NOTE: Capsule capacities are approximate and vary depending on the herb, moisture content, particle size, and how firmly the capsule is packed.

Prepared with respect for the plants and gratitude for nature's gifts.

