

Instructions for Taking Homeopathic Remedies

Option 1

Place drops under your tongue, hold for 30 seconds and then swallow.

Option 2

Place drops on a clean spoon and then into mouth. Hold for 30 seconds and then swallow.

Option 3

Place drops in a small glass of water (2oz.) and sip. For the alcohol-sensitive individual, the water can be preheated before adding drops (alcohol will evaporate within 1 minute). Drink when the water has cooled to a comfortable temperature.

- Take remedies at least 15 minutes before eating, after eating, or drinking any thing (water is the exception).
- Avoid caffeine and mint 1 hour before or after taking remedies.
- Store remedies at least 4 feet away from magnetic sources (cellular phone, microwave, computer, television).
- Do not refrigerate remedies.
- ~~Take remedies 3 times per day, allowing at least 2 hours between each dose.~~