

## **DIRECTIONS FOR THE USE OF HOMOEOPATHIC REMEDIES**

To ensure maximum benefit from homoeopathic treatment, the following directions should be observed:

1. The tablets should be allowed to dissolve in the mouth, not swallowed whole with water. The taste is not unpleasant.
2. The tablets should be handled as little as possible. Tip and tap the bottle gently to deposit the tablet in the upturned cap from which it can be dropped onto the tongue.
3. Homoeopathic drops should be dropped directly onto the tongue. Avoid touching the mouth with the dropper.
4. Homoeopathic folded powders should be tipped dry onto the tongue and allowed to dissolve in the mouth.
5. Do not take the tablets, drops or powders at mealtimes. They should be taken not less than half an hour before or after meals, drinks or cleaning teeth.
6. Substances which may have a strong odour or taste such as camphorated oil, menthol cough lozenges, peppermints, peppermint tea, coffee, etc. are liable to antidote homoeopathic remedies, and should be avoided during treatment.
7. Aspirin may antidote homoeopathic remedies, and should be avoided. It is best to keep all non-essential medication to a minimum.
8. For storage, the container must be kept closed, and in a dark place away from strong smelling substances.
9. In some patients the symptoms may grow worse after the initial treatment. This is the Primary Reaction and usually passes within 1 to 2 days.
10. If you have any concerns or questions do not hesitate to contact the person who prescribed the remedy for you.