

**Homeopathic Remedy Dose  
By Age for C & D potencies:**

0 - 3yo: 3 drops per dose  
4yo: 4 drops per dose  
5yo: 5 drops per dose...  
10yo - adult: 10 drops per dose

**Homeopathic Remedy Dose  
By Age for Q potencies:**

0 - 3yo: 3 drops per dose  
3 - 10yo: 5 drops per dose...  
10yo - adult: 12 drops per dose



**The remedy, potency and number of doses required appear on your prescription.**

**Administration:**

Use a separate glass for each remedy. Take each remedy a minute or so apart.

Give the bottle 3 firm, measured, hammer motion 'hits' against your hand or a book that will absorb the impact.

**C & D potency:** Dispense 1 dose in  $\frac{1}{4}$  cup water and administer all the dilution. The remedy will absorb fastest if you hold the drops in your mouth for a short period before swallowing.

It is not suitable to put your prescribed amount of drops into a water bottle which will be sipped at 20 times in a day as this would equal 20 doses and is too much. It is acceptable not to drink the full amount you have mixed with water. It is also acceptable to administer the prescribed quantity of drops directly into your mouth when necessary.

**Q potency:** Dispense 1 dose of the remedy into  $\frac{1}{4}$  cup water. Stir slightly and administer 1 teaspoon of the dilution in the morning and set aside the remainder until the evening. Stir & administer a 2<sup>nd</sup> teaspoon of the same dilution in the evening. Then discard the remainder. Repeat each day.

Strong substances such as mint (eg. in toothpaste) or coffee can minimise the action of the remedy. But it is better to take it, than not take it. Try to allow 15-30min before or after meals or brushing teeth etc.

**Storage:** Homeopathic remedies last a long time when stored in a dark cupboard, the cooler the better.

Homeopathic remedies are a force and will eventually become inactive if exposed to radiation from light or electro magnetic forces including refrigerators, phones and airport scanners.

Dispose of any remedies that have passed the labeled expiry date.

Glass bottles (not caps) can be returned to Sea Salt for recycling.



[www.seasalthomeopathy.com.au](http://www.seasalthomeopathy.com.au)