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HOW TO TAKE YOUR HOMOEOPATHIC REMEDIES

1. If you are taking powders – just open one end of the powder and tip it under/on your tongue, allow it to dissolve. **DO NOT TAKE WITH WATER.**
2. If you are taking pills or granules – **DO NOT TOUCH THEM WITH YOUR FINGERS.** The pills/granules are dispensed in a glass vial with a plastic lid. Take off the lid and put the desired quantity of pills/granules in the lid, place the pills/granules directly under/on the tongue and allow them to dissolve.
3. Take your remedies **AWAY FROM MEALS**, at least 20 minutes before or after. Avoid eating **MINT** before or after taking medication.
4. The remedies must be stored away from camphor (e.g. Vicks products), light, heat and electromagnetic radiation (e.g. microwave, computer, cell phone, TV etc.)
5. Always take the powders in numerical order, or as directed by your Homoeopath.
6. Herbal tinctures may be taken in a little juice or water.
7. Homeopathic drops may be dropped directly into the mouth, or in a little water.

FOR ANY QUERIES REGARDING YOUR MEDICATION, PLEASE DO NOT HESITATE TO CALL THE PRACTICE ON 0215562382.