

Rules and Dosage of Homeopathics

(A guide written by the manufacturer)

Rules for the smaller 1 ounce and 2 ounce bottles:

1. Take nothing by mouth 15 minutes prior to or following dosage. This includes food, drink, cigarettes, chewing gum, toothpaste, mouthwash, etc.
2. Limit caffeine or nicotine in any form, such as pop, coffee, chocolate, cigarettes. If necessary, use these 1 hour after taking a homeopathic.
3. Limit mint in any form, such as candies, toothpaste, and mouthwash.
4. No camphor, as in muscle and joint rubs. Avoid mothball fume and any strong aromatic substances, such as perfumes or colognes.
5. Limit breathing of other strong smells, such as paint thinner, eucalyptus, cigarette smoke (especially menthol).
6. If dental drilling or mouth trauma occurs, rub a homeopathic into your gums for 2-3 days after dental work.
7. Limit raw garlic to (1) hour after taking a homeopathic.
8. Alcohol sensitivity: If a person is sensitive to alcohol, put drops into a glass with 1 oz of warm water (around 100 F). Allow 1 minute for the alcohol to evaporate by stirring with wooden spoon or chopstick.
9. Please activate (success) the bottles by holding it in one hand and gently slapping the bottom of the bottle onto the other hand 10 times **each** time you use them.
10. Place drops under tongue and hold for **AT LEAST** 30 seconds before swallowing – preferably up to 10 minutes. This is so that the homeopathics are absorbed into your system fully and not destroyed by your stomach acid.
11. Keep homeopathics out of direct sunlight, x-ray, microwaves, and TV rays. Homeopathics should have indefinite shelf life if stored properly. The HCG does not require refrigeration because of the homeopathic way it is manufactured. Refrigeration does help to keep any “opened” HCG fresh over long periods of time.
12. Homeopathics may generally be taken with other homeopathics.

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