



Mardian Natural Medicine

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HOW TO TAKE A HOMEOPATHIC REMEDY

AVOID ALL FORMS OF MINT AND FLOURIDE

1. Use a Homeopathic mint free toothpaste and do not chew gum (Homeopathic Chlorophyll gum is allowed)
2. Take your medicine at least 15 minutes before and after eating or drinking.
3. If you have pellets, do not touch them with your hands. Rotate the lid of your dispenser, tap 3 pellets into the lid and place them into your mouth. Allow to dissolve under your tongue as long as possible.
4. If you have a liquid homeopathic, put the prescribed amount of drops under your tongue and hold for a minimum of 30 seconds before swallowing. If you have multiple formulas they can be taken consecutively.
5. For four hours on either side of taking your medicine you should try to avoid coffee, camphor, mint, perfume, strong odours, essential oils or recreational drugs since these substances are known to antidote the effect of many homeopathics.
6. Store your homeopathic medicine away from light, strong odours, and extreme heat or cold.