



Remedy Instructions for Dry Dose

Please be aware that ingesting certain substances may neutralize your remedy. Camphor, substances that smell like eucalyptus (usually contain camphor) i.e., Carmex, Vick's, tea tree products, coffee and marijuana should be avoided.

How to take your remedy

1. Avoid food, drink or brushing your teeth for at least 30 minutes before and after taking the remedy.
 2. Open the packet containing your remedy. Do not touch the remedy.
 3. Tap the remedy into your mouth, under your tongue.
 4. Let the remedy dissolve.
 5. Call me 5 days after taking the remedy and give me an update.
- Call me at any time if you have questions.