



Remedy Instructions for Liquid Dose (C-Potency)

How to take your remedy

1. Avoid food or drink for at least 30 minutes before and after taking the remedy.
Take the remedy at least 2 hours after drinking coffee.
2. Succuss the bottle..... times. (Succuss means to hit the bottle against the palm of your hand.
Give it a good hard whack from a distance of about 2 feet).
3. Take one full teaspoon.
4. If you have no adverse effects after 24 hours, continue taking one full teaspoon of the remedy daily.
5. If you have any adverse effects or strong symptoms after the first dose, stop taking the remedy and call me.
6. If you experience any strong symptoms after you have taken the remedy for a few days, please call me.
7. In any case, call me 10 days after you started the remedy to give me an up-date.

Contact: _____