



Instructions for Handling Homeopathic Remedies

Homeopathic medicines generally require sensitive handling and storage. However, it has been said that they have continued to work without attending to the following precautions.

It is best if they are not touched with your fingers. One pill should be shaken into the cap of the bottle and tipped carefully under the tongue and allowed to dissolve, or tipped directly from the envelope into the mouth. If possible the dose should be taken 20 - 30 minutes before or after having anything to eat or drink, cleaning your teeth or smoking. Do not swallow the pill down with water, tea or coffee.

Certain substances are known to antidote homeopathic medicines in some (not all) people. It is therefore advisable to avoid these substances if possible: Coffee (including decaffeinated), mint (notably in toothpaste), camphor, menthol, eucalyptus (often found in vapour rubs and cold remedies). Fennel toothpaste can be used.

Medicines should be stored away from heat, light, mobile phones and the above-named substances.

Try not to uncork or uncover more than one remedy at a time. The container should be uncorked or un-stoppered for the minimum time required and care taken not to allow contamination of the cork or cap before replacement.

