

### **Instructions for using Homoeopathic Medicines**

- These are absorbed in the mouth. They may be dissolved whole or crushed with the teeth first.
- For babies they may be powdered between 2 clean spoons.
- They should be taken in a clean mouth and on an empty stomach.
- Keep them away from mobile phones, as Homoeopathic medicines are sensitive to radiation and to strong odours such as perfumes.
- They are sensitive to extremes of heat. Do not store in glove box of car on hot days.
- ***To take, tip 1 pilule into yellow cap and then into mouth rather than handling and causing contamination from oil, hand creams, etc.***

