

## FREQUENCY OF DOSES

- Acute condition dosing every 5-10mins (high fever/injury/shock/anxiety attack) until symptoms improve then dose every 1 hour until recovery.
- colds/flu/infections/hay fever etc dose every 30mins in beginning until symptoms improve, then dose every 1-2 hours until full improvement has occurred.
- Non acute condition dosing 4 - 6 doses a day long term. (arthritis/long standing injuries/chronic ailments etc)
- Once an improvement has occurred, continue to decrease the frequency of your dosages, then stop taking the formula once fully recovered/healed.

## ADMINISTRATION OF MEDICINE

- One single dose is 10 drops under tongue or a mouthful of medicated water (bottle/glass of water medicated with 10 drops or 2 pilules) or 2 sprays under tongue or 2 pilules under tongue.
- Take Homoeopathics at least 10min away from food, coffee, brushing teeth and using mouth wash to avoid antidoting.
- Homoeopathic medicine is absorbed by the mucus membranes, therefore holding the medicated water in your mouth for approx 5 seconds before swallowing is advised.
- Do not interchange the droppers or caps with other formulas. If the dropper touches the mouth or tongue, run under boiling water to sterilise before putting dropper back into the bottle.
- Each formula bottle contains 15-20% pure grape spirit alcohol as its preservative + distilled pure water. If unpalatable use the medicated water system of dosing. **Applies to infants + Children under 12 months of age.**

## STORAGE AND HANDLING

Homoeopathics keep their strength for years without deteriorating or loosing effectiveness, if the following guide lines are observed:

- Keep in sealed bottles for storage.
- Do not interchange bottle droppers or caps.
- Store the remedies in a dark and cool place (not the fridge). Do not store with strong smelling substances camphor/peppermint, perfume,Vicks, or near microwave/phone.
- Do not leave sitting in the direct sun or extreme heat or temp changes. Store below 25 degrees.
- Do not handle pilules. Tap into lid.. then into mouth/water.

Alchem{ess} Homoeopathic Support Essences are a formulated blend of Homeopathic Medicines and Bach Flowers created by Homoeopath and Mentor, Tamara Gurney.

Each formula is specifically designed to stimulate our own healing ability + homeostasis while supporting our body's innate intelligence and mechanisms for self healing.

Each formula is based on traditionally indicated remedies for each condition/symptom.

The Alchem{ess} Support Essence Formulas cover an extensive range of conditions for treating yourself, your family and pets at home using a natural, safe, no harm & effective, complementary system of plant based medicine.

There are no toxic, harmful side effects. No damage to the earth, nature, environment or your self.

*"Homoeopathic Medicine is an extension of nature to support us as an ally in health and wellness on every level of our multidimensional being. It is a beautiful and powerful tool in how we choose to care for ourselves and each other."*

*Love Tamara x*

Disclaimer + Users Note:  
Use only as directed  
Always read the information provided  
If symptoms persist see your healthcare practitioner.  
The information is not intended for the treatment of longstanding or serious life threatening conditions in the home. Homeopathy is considered low risk by the TGA and our advice and product information is based on TGA regulations and traditional indications. All remedy-related information on the Alchem{ess} website + this information pamphlet is drawn from Homeopathic Pharmacopoeias and Materia Medicas listed by the Therapeutic Goods Administration (TGA) in Australia and referenced worldwide.

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**Mentor ~ Homoeopath**

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