

## **LAKE HOMEOPATHIC CARE**

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### **INSTRUCTIONS FOR PLUSSING HOMEOPATHIC REMEDIES**

#### **Plussing dry pellets**

1. Put one dose (\_\_\_\_\_ pellets) of the remedy \_\_\_\_\_ in a glass containing 4 oz or 2 oz of filtered or distilled water. Let the pellets dissolve.
2. Stir vigorously for 30 seconds with a clean metal teaspoon.
3. Take one teaspoonful per dose in your mouth. Swish and swallow.
4. Dosage: \_\_\_\_\_
5. If taking multiple doses, set aside solution, preferably in a cupboard.
6. For each additional dose, stir 30 seconds and take one teaspoonful.

Please call if you have any questions.