

# Dosage Cheat Sheet



## Basic Dosage Guidelines At-a-Glance

Age Group	Acute Dosage	Chronic Dosage
Newborn (0-6 months)	½ tablet, 3x per day	½ tablet, 2x per day
Infant (6-12 months)	1 tablet every few hours	1 tablet twice per day
Child (1-12 years)	1 tablet every 1-2 hours	1 tablet 3-4 times per day
Teenager (13+ years)	1 tablet every 15-30 minutes	2-3 tablets, 3x per day

Minerals can be combined if needed in most cases, either in the mouth or in water etc. Only **Nat mur** should be kept separate and always dosed singularly.

## Dosage for Acute Afflictions

This is aiming at sudden onset symptoms and injuries.

Examples of acute cases include: cuts, sprains, burns, colds and flu's, UTI's, diarrhoea, sudden blocked or dripping nose, panic attacks, asthma and allergies. Also applicable for sudden bouts of emotional distress.

The average dose is 1 tablet taken in short intervals.

- **Newborns (0-6 months):** up to 3 tablets over the course of a day. Dosing ½ tablet per dose – until symptoms subside. Create a paste by adding a few drops of boiled water to the tablet and dabbing at the corner of the mouth.
- **Infants (6-12 months):** 3-4 tablets dissolved in water, over the course of a day. (Dissolve into a bottle or sippy-cup of water, and offer mouthfuls regularly throughout the day.) Continue until symptoms cease.
- **Children (1-12 years):** 1 tablet every 1-2 hours until symptoms subside.
- **Teenagers and Adults (13+ years):** 1 tablet every 15-30 minutes until symptoms subside.

## Dosage for Chronic Afflictions

These are ailments that remain fixed over long periods of time. The same set of symptoms repeat, and the healing process seems either stunted or non-existent.

Examples of chronic cases include: eczema, allergies, asthma, acne, tooth or bone complaints, depression, etc.

- **Newborns (0-6 months):** 1 tablet dissolved in a small amount of water, once per day.
  - **Infants (6-12 months):** 1 tablet dissolved in water, twice per day.
  - **Children (1-12 years):** 3-4 tablets over the course of a day.
  - **Teenagers and adults (13+ years):** 2-3 tablets, 3 times per day.
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## Advice for dosing babies

The biochemic minerals are safe to use on infants from the first day they are born. We have a few options for administering the minerals. The most gentle method is via the breastfeeding mother, who takes the minerals at the adult rate and allows the breast milk to carry the minerals. For more instant action we can dissolve the minerals into a bottle of milk or boiled water, or even add a few drops of water to a tablet and dab the paste at the corner of the infant's mouth. Don't worry if the baby pushes the paste back out, the skin and tongue will still be absorbing the minerals.

## Children and Adults

Dissolve the tablets in the mouth for fastest results. Place the tablets under the tongue and allow them to dissolve for the best uptake. If you are taking larger doses, dissolving the day's minerals into 1 litre of water to sip over the course of the day may be more convenient. Be sure to slowly sip the water, allowing it to sit in the mouth for a few seconds for best absorption.

## For Instant Results

These minerals work very quickly, but there is a way to increase the uptake even further. This is especially useful for the pain and cramp remedy with Magnesium phosphate.

Take 5-10 tablets and let them dissolve in boiling water. Let this water stand until it has cooled enough to sip, and slowly sip the hot liquid, allowing it to sit in the mouth for a few seconds each time before swallowing. The heat brings blood to the surface of the cheeks and speeds the uptake into the bloodstream, allowing for the quickest possible results.