

# Mom & Baby

*A guide for  
Midwives*



**NATURA**  
A natural way of life™

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# Understanding *Homeopathy*

Homeopathy is a system of medicine that stimulates the body's own healing forces in order to overcome disease. According to the principle of 'Like cures like' a substance that can cause symptoms in a healthy person, can be used to treat similar symptoms in a sick person. There are some basic fundamental differences between homeopathy and conventional medicine. These differences can be seen in all aspects – from the philosophy that they are built on, to the way they see patients and diseases, and in their approach the treatment of patients and the use of medication.

Homoepathy	Conventional
Homeopathy is built on the philosophy that symptoms cannot be viewed in isolation without considering other aspects of the patient's wellbeing.	Conventional medicine attempts to treat groups of symptoms which most people suffer from when they have a specific disease.
Homeopathy has its roots in the "energy" focused science of biophysics. It adopts a more "holistic" perspective and encourages that all variables in each person's experience of disease are considered.	Conventional medicine has its roots in the "chemistry" focused sciences of biochemistry and microbiology. It follows a "reductionistic" approach – it takes the very complex interactions between humans and disease and reduces it to diseases and symptoms in order to find comparable, consistent results. It does not consider the variables between patients or their individuality.
Homeopathy is built on the philosophy that the body has an innate ability to heal itself and should be allowed to do so.	It is strongly orientated towards eliminating variables in order to find comparable, consistent results.
From a homeopathic perspective, symptoms are considered to be part of the body's attempt to heal itself. Homeopathic medicines contain no suppressive components and work energetically to stimulate the body's innate ability to heal itself by promoting or supporting the functioning of various organ systems.	Conventional medicine considers symptoms as an indication that the body has been overcome by disease. Medicines are used as an intervention to act 'against' the disease so that the body can return to health.
For example, diarrhoea is considered the body's attempt to flush out toxic materials. Treatment focuses on supporting the digestive system but allows the body to completely eliminate the toxic materials. The diarrhoea will automatically stop and the body will return to health.	For example, 'anti-diarrhoeals' are used to suppress or stop diarrhoea.



# *Homoeopathic or Herbal:* What's the difference?

**H**erbal medicines are remedies prepared by soaking certain parts of the plant in a solvent (glycerol, water or alcohol) which will extract the active ingredients of the plant to produce a "herbal extract". The first stage of all homoeopathic remedies made from plants is done in the same way, but the extract is known as a "mother tincture". The mother tincture is converted into a homoeopathic remedy by a process called "potentisation" – this involves a series of successive dilution and succussion (vigorous shaking) of the mother tincture to produce an energized substance known as a homoeopathic remedy or potency. Herbal remedies do not undergo potentisation. Homoeopathic mother tinctures can also be produced from materials other than plants such as minerals, shells, animal materials, chemical substances, etc.

**Why use a complex of many remedies when only one seems to fit the symptoms?** Choosing which homoeopathic remedy to use is easy with enough information about the current symptoms and a good knowledge of the patient's normal state, and how they react, behave and feel when healthy. Unfortunately what is more difficult is choosing a remedy when two or three seem indicated at once. The complex or mixed remedies made up by Natura are recipes of remedies that work well together. The Natura complexes contain a collection of remedies that have varied symptom pictures but all treat the same general condition. A nausea complex, for example, will contain different nausea remedies for different types of nausea, e.g. nausea before eating, or nausea after eating; nausea in the morning, nausea at night, or even nausea all day long; and even for if you

feel relieved after vomiting or if nothing relieves the nausea. Remember in Homoeopathy it is important to get the remedy choice just right! This way, with a well-constructed complex with a good track record and decades of use, Natura has solved part of the problem of 'what if I choose the wrong remedy?'

**It's 'natural' therefore it's safe?** Not all natural medicines are automatically safe. Many naturally occurring substances may be quite poisonous to the human body, may be unsafe to use during pregnancy, or may interact with other medicines that a person may be taking. Herbal medicines in particular need to be used with caution as they essentially are a combination of biologically active chemicals. Their composition may vary from plant to plant and they may easily become contaminated during preparation. Good, safe and effective herbal products have to be manufactured with great care and high levels of quality assurance from the time that it is grown and harvested, all the way through production, until it reaches the pharmacy shelf. Therefore, it is important that you use products from reputable supplier, and that you consult your healthcare practitioner or pharmacist before using herbal products – especially if you are pregnant or taking chronic conventional medications. It is also important to remember that even oxygen can be toxic taken in high enough doses, so it is best to adhere to the recommended dosages. Thanks to the process of potentisation, homoeopathic remedies can generally with few exceptions, be used by children, the elderly, pregnant women and people on a variety of other medications without the risk of having drug interactions and side effects.

From the first consultation, you and your patient build a relationship based on trust, and when these women feel vulnerable and overwhelmed, you will be the one they turn to for advice and support.

Ideally a healthy pregnancy should be prepared for as carefully as the birth of the baby.

# *Pregnancy and beyond*

**from Natura**

Women are surrounded by so much information and they will approach you as their midwife to help them make good choices when choosing medications and treatments.

**P**regnant women are aware that they should be wary of what products they use during their pregnancy. Their choices suddenly become restricted and they will turn to you, their trusted midwife, for advice.

Do not despair. Natura has developed this homoeopathic range specifically to assist pregnant women, babies and new parents.

The remedies are for common complaints experienced from conception, throughout the pregnancy and the birth, and for both mom and baby going forward.

You can recommend Natura's Mom & Baby range with the certainty that it is gentle and effective for pregnancy and lactation, and for the babies as well. The entire range is quick dissolving, making administering remedies quick and easy.



**For Mom**



**For Mom & Baby**



**For Baby**



**Personal Care Range**

NATURA: A GUIDE FOR MIDWIVES



# Mom & Baby

## Quick Guide

### DIGESTIVE COMPLAINTS

- Morning sickness
- Constipation
- Indigestion
- Runny tummy
- Colic

- Moton Melts
- Kronolax Melts
- Magen Melts
- Danon Melts
- Kolik Melts

10  
12  
14  
16  
18

### EAR, THROAT, NOSE & CHEST

- Teething
- Snuffles
- Colds & flu
- Mild coughs

- Dental Melts
- Cataro Melts
- Starlite Melts
- Ezin Cough syrup

20  
22  
24  
26

### FEMALE

- Lactation

- Prolack Melts

28

### STRESS

- Restful sleep
- Distress

- Karma Sleep Melts
- Rescue Melts

30  
32

### MUSCLES, JOINTS & BONES

- Bumps and bruises

- Arnica D6 Melts

34

# DIGESTIVE COMPLAINTS

## Morning sickness and nausea

### Nausea and vomiting

Worse in the morning<sup>1</sup>  
Worse on rising<sup>1</sup>



MORNING SICKNESS IS CAUSED BY  
INCREASED HORMONE LEVELS



### Nausea worse:

With any movement<sup>9</sup>  
With strong emotions<sup>10</sup>  
With smell of food<sup>12</sup>



### Vomiting:

After eating anything<sup>2</sup>  
Projectile vomiting<sup>3</sup>  
Without nausea<sup>4</sup>

### Vomiting with:

Severe cramping & pain<sup>5</sup>  
Dry heaves<sup>6</sup>  
Water brash<sup>7</sup>

### Nausea:

Not improved by vomiting<sup>8</sup>  
Improves with warm<sup>10</sup>  
and cold<sup>11</sup> drinks



# 50

MORE THAN 50%  
OF PREGNANT WOMEN SUFFER  
FROM MORNING SICKNESS

- 1 Apomorphia, Ferrum phos, Iris vers, Nux vom, Veratrum
- 2 Ferrum phos
- 3 Veratrum
- 4 Apomorphia
- 5 Cuprum, Nux vom
- 6 Cuprum
- 7 Petroleum
- 8 Ipecac
- 9 Tabacum
- 10 Nux vom
- 11 Cuprum, Ferrum phos
- 12 Ipecac, Nux vom



Nappi: 879509007



## For Mom



## Dosage

2 tablets under the tongue on rising and 3 times daily when necessary. May be taken every 15 minutes when symptoms are acute. Reduce dosing with improvement.



## Notes & advice

# DIGESTIVE COMPLAINTS

## Constipation

PREGNANCY RELATED CONSTIPATION IN  
CAN START AS EARLY AS 10 WEEKS

### Stool passing:

Difficult<sup>17</sup>

Painful<sup>17</sup>

Hard, dry, knotty  
stool<sup>18</sup>

CONSTIPATION IN  
PREGNANCY IS CAUSED  
BY PROGESTERONE



### Constipation:

Chronic<sup>13</sup>

Without the urge to pass stool<sup>14</sup>

Ineffectual urge to pass stool<sup>15</sup>

Incomplete sensation after  
passing stool<sup>16</sup>



BOTTLE FED BABIES ARE  
MORE LIKELY TO SUFFER  
FROM CONSTIPATION



13 Alumina, Hydrastis

14 Alumina, Hydrastis

15 Cheladonium, Nux vom

16 Nux vom

17 Alumina, Lyc, Nux vom

18 Alumina, Bryonia,

Cheladonium, Hydrastis



Nappi: 879436018



**Children & adults:** 2 tablets dissolved in the mouth. Take 3-4 times daily 30 minutes before meals and at bedtime. Reduce dosing with improvement.



## Notes & advice

# DIGESTIVE COMPLAINTS

## Indigestion



### Indigestion causing:

Bloating<sup>19</sup>  
Flatulence<sup>19</sup>  
Slow digestion<sup>20</sup>  
Hiccoughs<sup>21</sup>  
Long lasting hiccoughs<sup>22</sup>

### Heartburn

Belching with heartburn<sup>23</sup>  
Bitter<sup>24</sup> or sour<sup>25</sup> taste in mouth



# MAGEN

melts

INDIGESTION IN  
PREGNANCY IS MOST  
LIKELY TO START  
AFTER 27 WEEKS

### Nausea

Constant<sup>26</sup>  
Worse with smell  
of food<sup>27</sup>  
Motion sickness<sup>28</sup>  
Vommit undigested  
food<sup>29</sup>

Questions to ask Mommy:

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- 19 Carbo veg, China  
20 Mezereum  
21 Belladonna  
22 Mag phos  
23 Ant crud, Carbo veg, Cocculus,  
Mezereum, Mag phos  
24 Mag phos, Nux vom  
25 Nux vom  
26 Ipecac  
27 Cocculus, Ipecac, Nux vom  
28 Cocculus  
29 Belladonna



Nappi: 3000751001



# DIGESTIVE COMPLAINTS

## Runny tummy

### Stools are

Mushy mixed with mucous<sup>30</sup>  
Watery, thin, yellow<sup>31</sup> and slimy<sup>32</sup>  
Greenish with rotten egg odour<sup>33</sup>

### Diarrhoea with:

Involuntary stool<sup>30</sup>  
Chronic loose stools<sup>34</sup>  
Pain & cramping<sup>35</sup>  
Nausea & vomiting<sup>36</sup>  
Gas (explosive)<sup>37</sup>  
Acid/burning<sup>38</sup>

### Diarrhoea when:

Teething<sup>39</sup>  
Eating<sup>40</sup>



**DANON**

**melts**



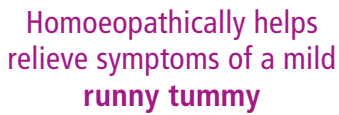
DIARRHOEA IS MORE  
COMMON IN THE  
THIRD TRIMESTER  
OF PREGNANCY



NAPPY RASH IS MORE  
COMMON IN BABIES  
WITH DIARRHOEA



- 30 Aloe
- 31 Podo
- 32 Kali mur
- 33 Cham
- 34 Ferrum phos, Podo
- 35 Podo
- 36 Ars alb
- 37 Aloe, Croton, Podo
- 38 Ars alb
- 39 Cham, Dulc
- 40 Croton



**Babies:** 1 tablet dissolved  
in a little water.

**Children & adults:** 2 tablets dissolved  
in the mouth.

Take every 15 minutes for 5-6 doses. Thereafter 4 times daily. Reduce dosing with improvement.



17

# DIGESTIVE COMPLAINTS

## Colic

### Colic better with:

Warm drinks<sup>41</sup>  
After passing gas<sup>42</sup> & stool<sup>43</sup>  
Applying heat or pressure<sup>44</sup>  
Arching backwards<sup>45,48</sup>



# KOLIK

melts

20-25%  
OF BABIES  
EXPERIENCE COLIC

### Colic with:

Abdominal pain and  
cramping<sup>44</sup>  
Teething<sup>45</sup>  
Sensitivity to noise<sup>46</sup>  
Restlessness<sup>47</sup>

### Colic worse:

- ◆ Before and during  
passing stool<sup>47</sup>  
Exposure to cold<sup>48</sup>  
Feeding<sup>44</sup>  
Temper tantrums<sup>45</sup>



# 3's

## RULE OF COLIC

### Baby cries for:

3 hours a day  
More than 3 days a week  
Longer than 3 weeks

41 Lyc

42 Carbo veg

43 Nux vom

44 Coloc

45 Cham

46 Borax, Cham

47 Merc sol

48 Nux vom



COLIC



## Notes & advice

# EAR, NOSE, THROAT & CHEST

## Teething



### Gums are:

Red  
Swollen  
Hot  
Painful<sup>49</sup>  
Throbbing pain<sup>50</sup>

### Teething:

Delayed  
Difficult<sup>51</sup>



### Teething with:

Diarrhea<sup>54</sup>  
Profuse salivation<sup>55</sup>  
Irritability<sup>56</sup>



## DENTAL

melts

### Tooth pain:

Worse with touch<sup>52</sup>  
Better with biting<sup>53</sup>



Pair with  
Danon if  
indicated



**SNAPPY NAPPY**  
NAPPY RASH IS MORE COMMON  
IN BABIES 9-12 MONTHS OLD

49 Calc carb, Ferrum phos, Silica

50 Aconite

51 Calc carb, Silica

52 Calc flour

53 Ignatia

54 Cham, Silica

55 Silica

56 Cham



## Homoeopathically helps to ease **teething**

Nappi: 879355018

## TEETHING



## For Baby



## Dosage

**Babies:** 1 tablet dissolved in mouth or in a little water every 30 minutes for 4-5 doses.

Thereafter, 1 tablet 3-4 times daily.

**Children:** 1-2 tablets dissolved in mouth  
3 times daily 30 minutes before meals.



## Notes & advice

# EAR, NOSE, THROAT & CHEST

## Snuffles



Runny nose from exposure to cold<sup>57</sup>

SNUFFLES ARE COMMON IN BABIES UNDER 6 MONTHS



**CATARO**  
melts

**Nasal mucous colour:**

Yellow<sup>58</sup>  
Yellow-green<sup>59</sup>  
Green<sup>60</sup>

**Sticky tears**<sup>64</sup>



**Hoarse voice**<sup>63</sup>

**Nasal mucous**

Persistent<sup>61</sup>  
Congested  
Post nasal drip<sup>62</sup>

57 Acon

58 Hydrastis, Kali bich, Sang nit

59 Kali bich

60 Pulsatilla, Thuja

61 Hydrastis, Kali bich, Pulsatilla, Sang nit, Thuja

62 Hydrastis, Sang nit, Thuja

63 Gels

64 Eupatorium, Pulsatilla

SNUFFLES MAY CAUSE BABIES TO FEED MORE SLOWLY AND WITH DIFFICULTY AS THE NOSE IS BLOCKED





# EAR, NOSE, THROAT & CHEST

## Colds & flu



### Sore throats:

After exposure to cold,<sup>65</sup>  
frights<sup>66</sup>  
With earache<sup>65</sup>  
Hoarseness<sup>67</sup>  
Tonsillitis/pharyngitis<sup>68</sup>

### Nasal:

Burning nasal discharge<sup>68</sup>  
Burning coryza<sup>69</sup>  
Congestion<sup>69</sup>  
Copious watery discharge<sup>69</sup>  
Sneezing & allergies<sup>70</sup>



### Fevers with:

Sudden onset<sup>65</sup>  
Body aches/fatigue<sup>71</sup>  
Restlessness & chills<sup>72</sup>  
Fatigue & mental dullness<sup>73</sup>



**STARLITE**  
melts

### Coughs:

Croupy/tight chested<sup>74</sup>  
Worse at night<sup>74</sup>  
Painful<sup>75</sup>  
Wet/productive<sup>76</sup>

THE IMMUNE SYSTEM  
IS WEAKER DURING  
PREGNANCY SO WOMEN  
ARE MORE VULNERABLE TO  
ILLNESS IN GENERAL



- 65 Aconite
- 66 Aconite, Gelsemium
- 67 Arum triph, Gelsemium, Rhus tox, Sambucus
- 68 Aconite, Ferrum phos, Gelsemium, Rhus tox
- 69 Allium cepa, Arum triph
- 70 Aconite, Allium cepa, Arum triph
- 71 Arnica, Eupatorium, Rhus tox
- 72 Aconite, Rhus tox
- 73 Gelsemium
- 74 Aconite, Rhus tox, Sambucus
- 75 Allium cepa, Arnica, Eupatorium
- 76 Allium cepa, Rhus tox, Sambucus



Nappi: 879959002



## For Mom & Baby



## Dosage

**Babies:** 1 tablet dissolved in a little water.

**Children & adults:** 2 tablets dissolved  
in the mouth.

Take every 30 minutes for 5-6 doses.  
Thereafter 3 times daily and at bedtime.  
Reduce dosing with improvement.



## Notes & advice

# EAR, NOSE, THROAT & CHEST

## Mild coughs

### Coughs that are:

Hard & dry<sup>77</sup>  
Rattling, wet and loose<sup>78</sup>  
Hacking, barking or  
tickling<sup>79</sup>  
Painful<sup>80</sup>



Coughs  
better with  
cold drinks<sup>84</sup>



  
**EZIN COUGH**  
syrup

### Coughs ending with:

Copious expectoration<sup>81</sup>  
Exhaustion<sup>78</sup>, vomiting,<sup>82</sup>  
sweating<sup>83</sup> or reflux<sup>84</sup>

### Coughs worsen with:

Stuffy hot air<sup>81</sup>  
Lying down<sup>85</sup>  
Exposure to cold<sup>86</sup>

77 Drosera, Spongia, Sticta

78 Ant tart

79 Coccus cact, Drosera,  
Rumex, Spongia

80 Bryonia, Drosera

81 Coccus cact

82 Ipecac

83 Sambucus

84 Coccus cact, Cuprum

85 Drosera

86 Rumex

COUGHS AND COLDS  
LAST LONGER IN  
PREGNANCY



# FEMALE

## Lactation



### Mastitis:

Weepiness<sup>87</sup>  
Redness and heat<sup>88</sup>  
Marked swelling<sup>88</sup>  
Swollen glands<sup>90</sup>

20-25%  
OF WOMEN EXPERIENCE DIFFICULTY  
PRODUCING ENOUGH MILK

### Nipples:

Sore<sup>91</sup>  
Cracked<sup>91</sup>  
Blistered<sup>91</sup>



**PROLAK**  
melts

### Lactation

Reduced<sup>93</sup>  
Impaired<sup>93</sup> from  
anxiety or stress<sup>94</sup>

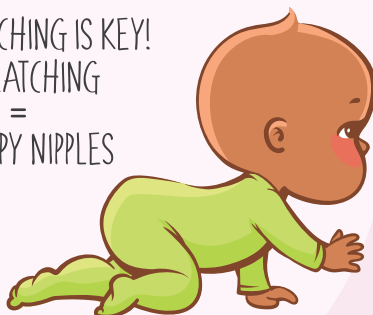
### Breasts

Throbbing & aching  
with breastfeeding<sup>92</sup>

## NIPELLA

NATURA NIPELLA WILL HELP  
SOOTHE AND PROTECT SORE AND  
CRACKED NIPPLES AND SKIN.

GOOD LATCHING IS KEY!  
BAD LATCHING  
=  
UNHAPPY NIPPLES

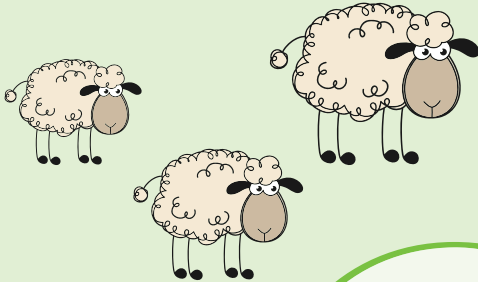


- 87 Pulsatilla
- 88 Calc carb, Ferrum phos, Silica
- 89 Calc flour, Silica
- 90 Ricinus, Silica
- 91 Graphities, Helonias
- 92 Ricinus, Calc carb
- 93 Agnus Castus, Urtica, Ricinus, Silica
- 94 Agnus castus



# STRESS

## Restful sleep



### Insomnia due to:

Teething<sup>95</sup>  
Overstimulation<sup>96</sup>  
Stress & anxiety<sup>97</sup>



**KARMA  
SLEEP** melts



### Insomnia with:

Worry & anxiety<sup>97</sup>  
Racing thoughts<sup>98</sup>  
Frequent waking<sup>99</sup>

# 80%

8/10 WOMEN SUFFER  
FROM SOME FORM OF  
SLEEP DISTURBANCES  
DURING PREGNANCY



95 Cham  
96 Cham, Coffea,  
Passiflora  
97 Avena sat, Val  
98 Coffea  
99 Cham, Coffea,  
Passiflora, Val



Nappi: 851973019



## For Mom& Baby



## Dosage

**Babies:** 1 tablet dissolved in a little water.

**Children & adults:** 2 tablets dissolved in the mouth.

Take 3 times daily and at bedtime.



## Notes & advice

# STRESS

## Distress



100 Ambra gris, Celmatitis vit, Helianth num  
Ornith umb

101 Helianth num, Ornith umb, Prunus cera

102 Ambre gris, Helianth num, Ornith umb

103 Prunus cera, Impatiens gland

104 Ambre gris



A homoeopathic-flower essence combination that helps relieve **distress and tearfulness**

Nappi: 813508003

## DISTRESS



## For Baby



## Dosage

**Babies:** 1 tablet dissolved in a little water.

**Children:** 2 tablets dissolved  
in the mouth.

Take 3 times daily. May be taken every 15 minutes in acute cases. Reduce dosing with improvement.



## Notes & advice

# MUSCLES, JOINTS AND BONES

## Bumps and bruises



### Muscle soreness

Muscle soreness<sup>105</sup>  
Labour pains<sup>105</sup>

### Bruising:

Sprains<sup>105</sup>  
Injuries<sup>105</sup>  
Marked soreness  
after delivery<sup>105</sup>



**ARNICA D6**  
melts

Pair with  
Rescue



**TIP!**  
ONLY USE ARNICA  
AFTER BRUISING  
OR INJURY





# 4 Sèrum

Stretchmark Reduction Gel

Mom

- ✓ REDUCES THE APPEARANCE OF BLEMISHES ASSOCIATED WITH STRETCH MARKS & SCARS
- ✓ EVENS SKIN TONE
- ✓ INTENSE MOISTURISING & HYDRATING
- ✓ IMPROVES SKIN ELASTICITY & SUPPLENESS
- ✓ NO OIL RESIDUE
- ✓ QUICK ABSORBING

## NIPELLA

LANOLIN-BASED NIPPLE  
OINTMENT FOR MOMMY

Helps soothe and protect sore  
and cracked nipples and skin

- ✓ GMO FREE
- ✓ 100% NATURAL
- ✓ NO FRAGRANCE
- ✓ NO PRESERVATIVES



## DOUBLE BUBBLE

BODY WASH, SHAMPOO & BUBBLE BATH



3-in-1 body wash, shampoo and bubble bath with calming Calendula and Chamomile

- ✓ NO COLOURANTS
- ✓ NATURAL ORIGIN INGREDIENTS
- ✓ NO PARABENS



## CALICALM

CALMING CALENDULA AND LAVENDER BATH & MASSAGE OIL



- ✓ NO COLOURANTS
- ✓ NO PRESERVATIVES
- ✓ NO PARABENS
- ✓ ORGANIC INGREDIENTS

BABY



## SNAPPY NAPPY

SOOTHING CALENDULA & ALOE VERA BARRIER CREAM

Contains Zinc oxide, Calendula & Aloe vera to soothe sensitive bums and beeswax to form a protective barrier



- ✓ NO COLOURANTS
- ✓ NO FRAGRANCE
- ✓ NO PARABENS



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## Ingredients

**Arnica D6 Melts** BV12549\* Contains: Arnica montana D6.\* **Catara Melts** U1019\* Contains: Aconitum napellus Spag D4, Eucalyptus globulus, Spag D3, Eupatorium perfoliatum Spag D3, Gelsemium sempervirens Spag D4, Hydrastis canadensis Spag D4, Kalium bichromicum D6, Pulsatilla vulgaris Spag D3, Sanguinarinum nitricum D6, Thuja occidentalis Spag D8.\* **Danon Melts** U504\* Contains: Aloe ferox 3CH, Arsenicum album 5CH, Cinchona succirubra 3CH, Citrullus colocynthis 3CH, Magnesium phosphoricum 5CH, Matricaria recutita 3CH, Mercurius corrosivus 3CH, Podophyllum peltatum 3CH, Veratrum album 3CH.\* **Dental Melts** U505\* Contains: Aconitum napellus 5CH, Bryonia cretica 5CH, Calcium carbonicum 5CH, Calcium fluorium 5CH, Calcium phosphoricum 5CH, Delphinium staphisagria 9CH, Ferrum phosphoricum 5CH, Matricaria recutita (Chamomilla) 5CH, Silicea 5CH, Strychnos ignatia 9CH.\* **Ezin Cough Syrup** U507\* Contains: Antimonium tartaricum 5CH, Bryonia cretica 5CH, Cephaelis acuminata (Ipecacuanha) 5CH, Coccus cacti 5CH, Corallium rubrum 5CH, Cuprum metallicum 7CH, Drosera rotundifolia 5CH, Ferrum phosphoricum 5CH, Rumex crispus 5CH, Sambucus nigra 5CH, Spongia tosta 5CH, Sticta pulmonaria 5CH. Preservatives/Preserveermiddelen: 28% Alcohol/Alkohol, 50% Glycerol/Gliserol, Sugar free. Suiker vry. **Karma Sleep Melts** U512\* Contains: Avena sativa D3, Coffea cruda 30CH, Humulus lupulus D3, Matricaria recutita (Chamomilla) 3CH, Medicago sativa D3, Passiflora incarnata D3, Valeriana officinalis D3.\* **Kolik Melts** U515\* Contains: Antimonium crudum 5CH, Argemone nitricum 5CH, Carbo vegetabilis 5CH, Citrullus colocynthis 6CH, Lycopodium clavatum 5CH, Magnesium phosphoricum 5CH, Matricaria recutita (Chamomilla) 5CH, Mercurius solubilis 9CH, Natrium tetraboracicum 5CH, Strychnos nux-vomica 5CH.\* **Kronolax Melts** U516\* Contains: Alumina 5CH, Bryonia cretica 5CH, Chelidonium majus 5CH, Hydrastis canadensis 5CH, Lycopodium clavatum 5CH, Plumbum metallicum 5CH, Solidago virgaurea 5CH, Strychnos nux-vomica 5CH.\* **Magen Melts** U1074\* Contains: Anamirta cocculus Spag D8, Antimonium crudum D10, Arsenicum iodatum D6, Atropa belladonna Spag D8, Carbo vegetabilis D30, Cephaelis acuminata Spag D8, Cinchona succirubra Spag D3, Daphne mezereum Spag D8, Magnesium phosphoricum D10, Strychnos nux-vomica D4.\* **Moton Melts** U520\* Contains: Apomorphia hydrochloricum 6CH, Anamirta cocculus 3CH, Cephaelis acuminata 3CH, Cuprum metallicum 6CH, Ferrum phosphoricum 5CH, Iris versicolor 3CH, Petroleum 3CH, Strychnos nux-vomica 5CH, Tabacum 3CH, Veratrum album 6CH.\* **Prolak Melts** U525\* Contains: Calcium carbonicum 5CH, Calcium fluorium 5CH, Calcium phosphoricum 6CH, Chamaelirium luteum 5CH, Ferrum phosphoricum 5CH, Graphites 5CH, Pulsatilla pratensis 3CH, Ricinus communis 5CH, Silicea 5CH, Urtica urens 5CH, Vitex agnus-castus 5CH.\* **Rescue Melts** Registry No 154388 Contains: Ambra grisea D6, Banisteropsis caapi Spag D60, Melissa officinalis Spag D3, Clematis vitalba (Clematis) aqua inf. 0.4 mcg, Helianthemum nummularium (Rock Rose) aqua inf. 0.4 mcg, Impatiens glandulifera (Impatiens) aqua inf. 0.4 mcg, Ornithogalum umbellatum (Star of Bethlehem) aqua inf. 0.4 mcg, Prunus cerasifera (Cherry Plum) aqua inf. 0.4 mcg.\* **Starlite Melts** U534\* Contains: Aconitum napellus 5CH, Allium cepa 5CH, Arnica montana 5CH, Arum triphyllum 5CH, Eupatorium perfoliatum 5CH, Ferrum phosphoricum 5CH, Gelsemium sempervirens 5CH, Histaminum 9CH, Rhus toxicodendron 5CH, Sambucus nigra 5CH.\*

\*(Act 101/1965)

\*Contains sugar (Lactose 47 mg)/Bevat suiker (Laktose 47 mg)

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