



**Medicines Moms  
Can Trust!**



## **Kids Relief™ Remedies Are Safe And Effective**

### **Get the Facts on Homeopathy**

#### **What is homeopathy?**

Homeopathy is a 200 year old system of medicine that is based on the Law of Similars or "like cures like". A substance which will create the symptoms of an illness in a healthy person can actually treat the symptoms of that same illness in a sick person.

#### **What are homeopathic medicines and how do they work?**

Homeopathic medicines are therapeutically active micro-doses of mineral, botanical, and biological substances. The active ingredients in homeopathic medicines work by stimulating the body's own natural defenses.

#### **Is homeopathy safe?**

Homeopathy is currently used by millions of patients worldwide. Homeopathic remedies are safe, reliable and have no known side effects. Though many natural substances when used in pharmacologic doses are known to be toxic or have side effects, the homeopathic dilution of these substances creates a product which is safe, without toxicity or side effects.

#### **How are the formulas prepared to ensure safety?**

Homeopathic formulas are prepared according to a procedure known as potentisation. One part of the starting material (plant extract) is diluted with 99 parts of diluent (water). The mixture is then "succussed" or "potentised", which is a rhythmical shaking of the liquid that helps to release the energy within the substance. The dilution is called a 1C homeopathic potency. For a 2C dilution, one part of the 1C potency is diluted with 99 parts of diluent, and so on until the desired potency is reached. Another commonly used potency in homeopathy is the X potency. Similarly, X potencies are a dilution using 9 parts of diluent to one part of starting material and are successively diluted using 9 parts until the desired potency is reached.

#### **Are homeopathic medicines FDA regulated?**

All ingredients are prepared in accordance with standards as set forth in the Homeopathic Pharmacopoeia of the United States (HPUS) and its current Revision Service (HPRS). The Food and Drug Administration (FDA) regulates these products as over-the-counter (OTC) drugs and requires that homeopathic producers be registered as pharmaceutical manufacturers. The regulation process of the FDA includes determination of the safety and appropriate indications of the ingredients being used. All of the Kids Relief™ products are manufactured according to the highest standards, complying with the specifications of the HPUS as well as the drug Good Manufacturing Practices (GMP).

#### **How are homeopathic medicines labeled?**

Being regulated as a drug, as opposed to a food or dietary supplement, ensures that homeopathic medicines adhere to drug labeling specifications. Like packaging for conventional over-the-counter drugs, packaging for homeopathic medicines must state specific diseases, ailments or symptoms for which the product is to be used, the concentration of an active substance or substances contained therein, the recommended dosage and the mode of application. These clear specifications make choices easier for consumers and guidance easier for retailers.

#### **Where can I find out more about homeopathy?**

- Go to [www.kidsrelief.com](http://www.kidsrelief.com) and click on the For the Pharmacist link.
- National Center for Homeopathy ([www.nationalcenterforhomeopathy.org](http://www.nationalcenterforhomeopathy.org))
- American Association of Homeopathic Pharmacists ([www.homeopathicpharmacy.org](http://www.homeopathicpharmacy.org))



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