FREE




# Easy Guide to **Homeopathic Medicines**

## Find Your Symptom, Choose Your Medicine

BOIRON®

## About Boiron

Boiron, world leader in homeopathic medicines, is best known for its top-selling flu medicine, Oscillococcinum®, worry-free Camilia® teething line, and Arnicare® pain relief line. Since 1932, Boiron has been committed to funding scientific research and educating the public and health care professionals about homeopathy.




## Online Training

Scan here for training.

Boiron USA offers online programs for consumers and retailers to learn about homeopathic medicines, explore health topics, and address common questions.

**"As a family business since 1932, we've always believed in a better way to feel better. Our passion for quality and dedication to sustainable practices drives everything we do. We're not just providing medicines — we're enhancing well-being, caring for the environment, and nurturing our community. This holistic vision of health care is our family's true purpose and joy."**

**Thierry Boiron**
*Development Chair at Boiron*

Learn more at **BoironUSA.com.**

# OUR COMMITMENT




## The Highest Standards of Manufacturing

Using the latest technology, Boiron has mastered high-performance production methods that ensure reliability batch after batch. Our in-house manufacturing process controls every step, from plant selection to the final product — each stage, from raw material to finished product, is consistently controlled and tested across all our facilities to guarantee the best quality possible. We ensure the highest standards of purity and consistency and hold a deep commitment to innovation.

As a result, Boiron maintains the highest standards of pharmaceutical manufacturing, which is recognized as the most stringent level of cGMP standards among health products. Our medicines are also formulated in accordance with the HPUS requirements for purity and quality.

**Lab Tested**

**Regulated Pharmaceutical Facilities**

**cGMP & HPUS Quality**

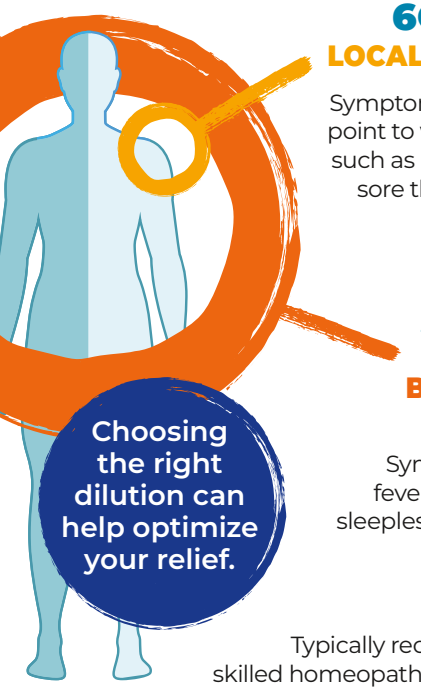
# Targeted Relief Medicine Dilutions

**Targeted Relief Medicines**, such as **Arnica montana**, have only one active ingredient for targeted relief of a specific symptom and only come in meltaway pellet form.




## Dilution Level and Scale

"C" is one of the dilution scales used in homeopathy. Visit **BoironUSA.com/info** for more information on dilutions.




## 6C, 6X, 9C
### LOCAL SYMPTOMS

Symptoms that you can point to with your finger such as bumps, bruises, sore throat, joint pain, cramps, etc.

## 12C, 15C, 30C, 30X
### GENERAL + BEHAVIORAL SYMPTOMS

Symptoms such as fever, apprehension, sleeplessness, rash, etc.

## 200CK

Typically recommended by skilled homeopathic practitioners.

# FREQUENTLY ASKED QUESTIONS

## How do I take a Targeted Relief Medicine?




***Do not touch pellets; use cap to pour into mouth.***

***Scan here for instructional video.***

- Absorbed into the bloodstream
- Meltaway pellets, no water needed
- Address symptoms as early as possible for optimal results

## Can I give them to my child?

Yes. However, label directions vary based on age. Always read and follow label directions. If your child is younger than the age for use on the label, check with your child's doctor.

## What do the letters in the dilutions stand for?

Letters refer to the type of dilution method used in preparing traditional homeopathic medicine. C and CK use a 1:100 dilution scale. X uses a 1:10 dilution scale. Across all methods, the number accompanying the letter (e.g., 6, 30, 200) should be the primary driver behind a product choice to optimize relief. Refer to the previous page.

## Why do I let the pellets dissolve under my tongue instead of swallowing them?

Homeopathic medicine is absorbed directly into the bloodstream through the blood vessels under the tongue, bypassing the digestion system. It's convenient and easier for those with difficulty swallowing medications.

# FIND YOUR **SYMPTOM,** CHOOSE YOUR **MEDICINE**

**Our medicines are color coded by category for easy navigation.**


Allergy Relief


Children's Health


Cough, Cold & Flu Relief


Digestive Relief


First Aid


Pain Relief


Personal Care


Stress & Sleep

# **ALLERGY** RELIEF

## Targeted Relief Medicines

| Name | Relief from* |
|---|---|
| Ambrosia artemisiaefolia<br>*Ragweed* | **Symptoms of hay fever associated with ragweed allergy** |
| Euphrasia officinalis<br>*Eyebright* | **Abundant and irritating eye discharge** |
| Galphimia glauca<br>*Shower of gold* | **Itchy nose and sneezing due to hay fever** |
| Histaminum hydrochloricum<br>*Histamine dihydrochloride* | **Indoor and outdoor allergies** |
| Natrum muriaticum<br>*Sea salt* | **Runny nose due to allergies, worse in morning** |

## Also available:




*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

# CHILDREN'S HEALTH

## Targeted Relief Medicines

| Name | Relief from* |
|---|---|
| Calcarea carbonica<br>*Mother of pearl* | **Cradle cap** |
| Calcarea phosphorica<br>*Calcium phosphate* | **Growing bone pain** |
| Chamomilla<br>*German chamomile* | **Teething pain with irritability** |
| Cina<br>*Santonica* | **Nervousness, irritability, sleeplessness in children** |

## Also available:




Look for the **Mom's Choice Awards** seal on select packaging

# COUGH, COLD & FLU RELIEF

## Targeted Relief Medicines

| Name | Relief from* |
|---|---|
| Aconitum napellus<br>*Monkshood* | **High fever (up to 102°F) of sudden onset with dry skin** |
| Allium cepa<br>*Onion* | **Runny nose with clear discharge** |
| Antimonium tartaricum<br>*Antimony potassium tartrate* | **Thick mucus and non productive cough** |
| Arum triphyllum<br>*Jack-in-the-pulpit* | **Hoarseness with broken voice** |
| Belladonna<br>*Deadly nightshade* | **High fever (up to 102°F) of sudden onset with perspiration** |
| Drosera<br>*Sundew* | **Spasmodic dry cough worsened at night and by heat** |
| Eupatorium perfoliatum<br>*Boneset* | **Stiffness and bone pain associated with flu symptoms** |
| Ferrum phosphoricum<br>*Ferrosoferric phosphate* | **Low or mild fever** |
| Hepar sulphuris calcareum<br>*Oyster shells* | **Painful and hoarse dry cough worsened by cold weather** |
| Hydrastis canadensis<br>*Goldenseal* | **Post nasal drip** |
| Kali bichromicum<br>*Potassium dichromate* | **Colds with thick nasal discharge** |
| Kali iodatum<br>*Potassium iodide* | **Frontal sinus pain with runny nose, worse at night** |

## Targeted Relief Medicines (continued)

| Name | Relief from* |
|---|---|
| Kali muriaticum<br>*Potassium chloride* | **Nasal congestion with white nasal discharge** |
| Kali sulphuricum<br>*Potassium sulfate* | **Colds with yellow nasal discharge** |
| Mercurius solubilis<br>*Hahnemann's soluble mercury* | **Sore throat with bad breath and excessive salivation** |
| Mezereum<br>*Mezereon* | **Sinus pain or oozing, crusty skin rash** |
| Natrum sulphuricum<br>*Sodium sulfate* | **Bronchial irritation worsened by humidity** |
| Phytolacca decandra<br>*Poke* | **Sore throat pain radiating to the ears** |
| Pulsatilla<br>*Wind flower* | **Cold with thick, yellow discharge** |
| Rumex crispus<br>*Yellow dock* | **Dry cough worsened by breathing cold air** |
| Sambucus nigra<br>*European elderberry* | **Hoarseness with painful cough and nasal congestion** |
| Spongia tosta<br>*Roasted sponge* | **Dry, barking cough** |
| Sulphur iodatum<br>*Sulfur iodide* | **Nasal discharge during cold and flu convalescence** |




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## Also available:







**NATURE'S #1 FLU MEDICINE®**

# DIGESTIVE RELIEF

## Targeted Relief Medicines

| Name | Relief from* |
|---|---|
| Antimonium crudum<br>*Antimony trisulfide* | **Indigestion with nausea from overeating** |
| Arsenicum album<br>*Arsenic trioxide* | **Diarrhea with vomiting and weakness** |
| Carbo vegetabilis<br>*Wood charcoal* | **Abdominal bloating with gas** |
| Chelidonium majus<br>*Greater celandine* | **Nausea with right upper back pain** |
| Cinchona officinalis<br>*Peruvian bark, Cinchona* | **Diarrhea with gas and bloating** |
| Cocculus indicus<br>*Fish berry* | **Motion sickness with a need to lie down** |
| Ipecacuanha<br>*Ipecac* | **Nausea and vomiting with hypersalivation** |
| Lycopodium clavatum<br>*Club moss* | **Bloated abdomen improved by passing gas** |
| Nux vomica<br>*Poison nut* | **Heartburn or drowsiness due to excessive eating or drinking** |
| Podophyllum peltatum<br>*Mayapple* | **Diarrhea with intestinal growling and pain** |
| Tabacum<br>*Tobacco* | **Motion sickness with cold sweat improved by fresh air** |




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## Also available:



# FIRST AID

## Targeted Relief Medicines

| Name | Relief from* |
|---|---|
| Apis mellifica<br>*Honeybee* | **Swelling from insect stings or allergies improved by cold** |
| Borax<br>*Sodium borate* | **Canker sores** |
| Cantharis<br>*Spanish fly* | **Blisters with burning pain** |
| Graphites<br>*Graphite* | **Fissures and thick scars** |
| Ledum palustre<br>*Wild rosemary* | **Insect bites or bruising** |
| Muriaticum acicum<br>*Hydrochloric acid* | **Itching associated with rash triggered by sun exposure** |
| Petroleum<br>*Kerosene* | **Chapped or cracked fingertips** |
| Staphysagria<br>*Stavesacre* | **Itching of surgical wounds** |
| Sulphur<br>*Sublimed sulfur* | **Skin rash worsened by heat and water** |
| Thuja occidentalis<br>*White cedar* | **Warts** |
| Urtica urens<br>*Dwarf nettle* | **Skin rash with itching due to allergies** |

## Also available:



# **PAIN** RELIEF

## Targeted Relief Medicines

| Name | Relief from* |
|---|---|
| Arnica montana<br>*Leopard's bane* | **Muscle pain, stiffness, swelling from injuries, bruises** |
| Bryonia<br>*White bryony* | **Muscle and joint pain improved by rest** |
| Calcarea fluorica<br>*Calcium fluoride* | **Repeated sprains** |
| Cheiranthus cheiri<br>*Wallflower* | **Pain associated with wisdom teeth** |
| Colocynthis<br>*Bitter cucumber* | **Abdominal cramps improved by bending over** |
| Cuprum metallicum<br>*Copper* | **Sudden muscle cramps** |
| Dulcamara<br>*Bittersweet* | **Joint pain triggered by dampness** |
| Harpagophytum<br>*Devil's claw* | **Minor aches and pain associated with arthritis** |
| Hypericum perforatum<br>*St. John's wort* | **Nerve pain** |
| Iris versicolor<br>*Blue flag* | **Heartburn, headache on relaxation** |
| Kali carbonicum<br>*Potassium carbonate* | **Pain and feeling of weakness in the lower back** |
| Lachnanthes tinctoria<br>*Bloodroot* | **Stiff neck with cramping** |
| Magnesia phosphorica<br>*Magnesium phosphate* | **Spasmodic pain in the abdomen improved by heat** |
| Rhus tox<br>*Poison ivy* | **Joint pain improved by motion** |
| Ruta graveolens<br>*Rue* | **Eye strain due to computer use or artificial lights** |

## Targeted Relief Medicines (continued)

| Name | Relief from* |
|---|---|
| Sarcolacticum acidum<br>*Lactic acid* | **Pain and stiffness from muscular overexertion** |
| Symphytum officinale<br>*Comfrey* | **Symptoms of bone trauma** |
| Zincum metallicum<br>*Zinc* | **Leg cramps** |

## Also available:



# PERSONAL CARE

## Targeted Relief Medicines

| Name | Relief from* |
|---|---|
| Aesculus hippocastanum<br>*Horse chestnut* | **Hemorrhoid pain aggravated by heat** |
| Calcarea sulphurica<br>*Calcium sulfate* | **Pustular acne** |
| Candida albicans<br>*Candida albicans* | **Symptoms of yeast infection** |
| Caulophyllum thalictroides<br>*Blue cohosh* | **Menstrual cramps** |
| Causticum<br>*Hahnemann's causticum* | **Stress incontinence** |
| Cimicifuga racemosa<br>*Black cohosh* | **Menstrual cramps improved by lying down** |
| Collinsonia canadensis<br>*Horsebalm* | **Hemorrhoids with constipation** |
| Eugenia jambosa<br>*Rose apple* | **Blackheads associated with menstruation** |
| Glonoinum<br>*Nitroglycerin* | **Sudden hot flash and headache** |
| Hamamelis virginiana<br>*Witch hazel* | **Hemorrhoids with bursting sensation** |
| Kali bromatum<br>*Potassium bromide* | **Whitehead acne or sleeplessness with agitation** |
| Lachesis mutus<br>*Bushmaster snake's venom* | **Hot flashes associated with menopause** |
| Sabina<br>*Savin* | **Heavy menstrual flow with pain in the upper thighs** |
| Selenium metallicum<br>*Selenium* | **Juvenile acne with blackheads and oily skin** |
| Sepia<br>*Cuttlefish ink* | **Bloating and lower back pain during menstruation** |

## Also Available:



# **STRESS** AND **SLEEP**

## Targeted Relief Medicines

| Name | Indication* |
|---|---|
| Argentum nitricum<br>*Silver nitrate* | **Apprehension with heartburn** |
| Coffea cruda<br>*Green coffee* | **Sleeplessness with mental hyperactivity** |
| Gelsemium sempervirens<br>*Yellow jasmine* | **Apprehension with trembling, headaches** |
| Ignatia amara<br>*St. Ignatius bean* | **Apprehension, hypersensitivity to stress** |
| Kali phosphoricum<br>*Dipotassium phosphate* | **Tension headaches associated with intellectual fatigue** |
| Lobelia inflata<br>*Indian tobacco* | **Nausea from tobacco withdrawal** |
| Phosphoricum acidum<br>*Phosphoric acid* | **Poor concentration due to overwork** |
| Phosphorus<br>*White phosphorus* | **Dizziness with sleeplessness** |
| Silicea<br>*Silica* | **Fatigue and irritability due to overwork** |

## Also available:




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# FREE APP

## Boiron Medicine Finder

### It's as easy as 1-2-3!

1. Pick a category.
2. Choose a symptom.
3. View your recommended medicines.

Follow your provider's on-screen instructions to complete your download or visit the mobile-friendly website at **BoironUSA.com/mf**.

Download on the App Store | GET IT ON Google Play | available at amazon appstore

**HSA&FSA ELIGIBLE**

Check **BoironUSA.com/savingsaccounts** for product eligibility.

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