What is homeopathy?

LEARN MORE ABOUT:

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The basic principles of homeopathy

Homeopathy (“hoh-mee-OP-uh-thee”), also known as homeopathic (“hoh-mee-uh-PATH-ik”) medicine, is a whole medical system that originated in Europe and has been practiced in the United States since the early 19th century. Homeopathy is based on three principles:

### Like Cures Like
Homeopathy demonstrates that a substance that produces a certain set of symptoms in a healthy person can cure a sick person experiencing those same symptoms. For instance, onions make your eyes water when you cut them. If you have a cold or allergies and your symptoms include a runny nose, the likely remedy to treat your runny nose would be Allium Cepa, which is made from onions.

### Minimum Dose
Unlike conventional medicines, a homeopathic medicine is believed to be more effective when its active ingredient is diluted and succussed (shaken vigorously). Data indicates that the homeopathic medicine gains increased effectiveness with each additional dilution-succussion step. Furthermore, the safety profile of the medicine increases with increased dilution.

### Individualized Medicines
Ideally homeopathic treatment is tailored to each person. In this case, practitioners select medicines according to a total picture of the patient, including not only physical symptoms but also lifestyle, emotional and mental states, and other factors. Hyland’s supports this classical individualized approach by making available more than 1,500 single homeopathic remedies in a variety of potencies. These are available by calling 1-800-234-8879.
Once you experience the powerful healing properties of homeopathic medicines, you will want to know what other ailments our medicines can help with. Realizing that there is a full array of Hyland’s homeopathic medicines is “step one” towards making Hyland’s the first line of defense for your family’s health.

Start by reading the carton labels and comparing the symptoms you experience with those listed under “Uses” and “Purpose” after the Latin name of the active ingredients. We encourage you to learn about the purposes of the active ingredients as a means of taking charge of your well-being and creating the best possible health for yourself and all your family members.

For more information about homeopathy and Hyland’s medicines, call us today at 1-800-624-9659, or visit us online at www.Hylands.com.
How to read Hyland’s Drug Facts panel, and where to find other important information

Where to look:

1. Active Ingredients
   In the tradition of homeopathic medicines, our ingredients are listed by their Latin names. Eighty percent of our active ingredients come from plants, about 15 percent are derived from minerals, and the rest come from other natural sources.

2. The Numbers
   Like “3X” and “6X,” the potency of the particular active ingredient is indicated by the number and letter combination listed next to the ingredient (see “Understanding homeopathic drug potency”). The higher the number, the higher the potency. But even our highest potencies result in only trace amounts of the active ingredients used in the medicine, thus ensuring a high margin of safety.

3. HPUS
   This acronym stands for Homeopathic Pharmacopoeia of the United States, indicating that the medicine is listed in this FDA-recognized compendium and that its preparation follows the HPUS rules.

4. Purpose
   The purpose of each active ingredient is listed following its Latin name. It describes the symptoms that each ingredient treats. In choosing a homeopathic medicine, the key is to get as close a match as possible between the symptoms you are experiencing and the symptoms that the active ingredients in the medicine address.

5. Uses*
   The “Uses” section summarizes the overall ailment for which the medicine is formulated.

6. Warnings
   This section highlights any drug interactions and specifies the duration of acceptable treatment, maximum doses per period, symptoms to look for that may mean that medical help is required, as well as any other warnings such as allergies required for safe use of the product.

7. In Case of Emergency
   Homeopathic medicines are generally safe and non-toxic. However, in the case of a real medical emergency, you should always contact your doctor or health care professional immediately. Should there be questions, Hyland’s offers 24/7 emergency information about our products through an on-call healthcare professional at 1-800-624-9659.

8. Directions
   We recommend following the directions as listed on the label for the best possible results. For acute ailments, the directions often instruct you to dose “as needed,” which means you should dose only until symptoms are relieved. Only repeat a dose if symptoms get worse again. As with all medicinal products, contact your health care provider if symptoms worsen or continue unimproved for more than 7 days.

9. Inactive Ingredients
   All of our products contain Lactose N.F. The “N.F.” stands for Natural Formulary, indicating pharmaceutical grade lactose, which is milk sugar from cow’s milk completely purified of milk proteins. Because of the small amounts of lactose in each tablet, most lactose intolerant individuals can safely take the medicine without fear of adverse reaction.

Take charge of your health with natural, effective and safe Hyland’s medicines.

* The uses for our products are based on traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.
Developed by pharmacists, the key to Hyland’s homeopathic medicines is that they are strong in relieving symptoms, but gentle in the way they work:

+ 100% natural active ingredients, no drug interactions and non-habit forming.
+ They can be taken by nearly anyone at any time, from infants to the elderly, including anyone taking prescription medications.
+ High margin of safety. They can be given to young children without fear of mis-dosing or overdosing.

A homeopathic medicine is believed to be more effective when its active ingredient is diluted. This is the minimum dose approach of homeopathy. The purpose of potency is to dilute the active ingredient until it can do no harm and to invigorate the base substance with energy from succussion such that the qualities are preserved while the substance itself is diluted out.

On a homeopathic drug product, the drug strength or potency appears directly after the name of the active ingredient. Unlike conventional medicines that typically report drug potency in milligrams, homeopathic drug potency is indicated by a numeral followed by an X or C. The potency of a medicine, such as “6X” or “30C,” says how many times and by what ratio the base substance has been diluted.

While counterintuitive, the potency is higher though the concentration of active ingredient is lower. To learn more, visit us at www.Hylands.com.
George Hyland was the first of many pharmacists to lead the century-old Standard Homeopathic Company that makes products bearing his name. His passion for safe and natural medicines that bring swift, effective relief is still the driving force at Hyland’s today.

Hyland’s has been a leader in innovations that answer the changing health needs of our modern world. Hyland’s Baby Teething Tablets, Calms Forté, Cold ‘n Cough 4 Kids, Restful Legs, DEFEND™ and many others are popular “combination” medicines that focus the power of homeopathy on a particular set of symptoms. Hyland’s pharmacists developed each one by carefully selecting a small number of homeopathic ingredients from among thousands, and combining them in potent solutions. Hyland’s array of combination medicines provides relief from the symptoms of most common ailments.

As prescription drugs become more prevalent and complex, and the costs of health care continue to skyrocket, the need for health solutions that are natural, affordable, effective and accessible—such as Hyland’s homeopathic medicines—is greater than ever.

For more information about homeopathy and Hyland’s medicines, visit us online at www.Hylands.com or call us today at 1-800-624-9659.