

DR. SCHUESSLER'S 12 TISSUE SALTS



Calc Fluor
1

Healthy bones, teeth, skin, joints, muscles, veins

Calc Phos
2

Calcium absorption, strong bones, balanced immune system

Calc Sulph
3

Yellow discharges: acne, boils, colds, coughs, ear and eye infections

Ferr Phos
4

Fever, coughs, colds, anemia (together with #2), injuries

Kali Mur
5

Colds and coughs with white discharges, runny nose, tonsillitis, burns

Kali Phos
6

Sleeplessness, stress, irritability, mental exhaustion, poor memory, depression

Kali Sulph
7

Eczema, psoriasis, dandruff, hives, healthy scalp and hair

Mag Phos
8

Pains, cramps, headaches, earaches, toothaches, teething in babies, nerve injuries

Nat Mur
9

Conditions with excess water or dryness: migraines, constipation, allergies, cracking joints, watery eyes,...

Nat Phos
10

Heartburn, belching, indigestion, pH balance, gas, diarrhea, baby colic, rheumatic pain

Nat Sulph
11

Nausea, vomiting, bitter taste, diarrhea, influenza, cleansing, liver health

Silicea
12

Collagen production, healthy skin, hair, bones, nails