



The aim of this comprehensive product reference guide is to assist in building more effective and successful patient treatment strategies. The reference guide is to be used as an adjunct to Seroyal Continuing Education and is not intended to be utilized as a diagnostic tool nor replace any other required education. The remedies indicated in this reference guide are potent medicines that can have profound therapeutic effects on patients. As with any intervention, the dosage may need to be adjusted for those with chronic conditions, very sensitive individuals and those taking multiple medications. Practitioners are solely responsible for the care and treatment provided to their own patients. The information provided by the speaker or speakers in the Seroyal Continuing Education program together with any written material provided do not necessarily represent the views of Seroyal and are not intended as medical advice or an endorsement of any products. This information is for professional use only and is not meant to diagnose, treat, cure, prevent any disease or replace traditional treatment, and has not been evaluated by the FDA or Health Canada.



The Function of Tissue Salts

Tissue salts (mineral salts) naturally exist in human cells and play a critical role in regulating cellular metabolism. While not directly involved in cell energy production, tissue salts help regulate the following cellular functionsa:

Oxidation component. Facilitating uptake and utilization of the particular minerals contributes to food oxidation and improved nutrient absorption.

Structural development. Regular changes in the cell are dependent on a natural concentration of tissue salts. Building and development of a particular type of cell, such as a nerve cell, is determined by the particular mineral salt involved. The same holds true for the cell's functioning, which is equally dependent on the presence of a particular mineral salt.

The History Of Tissue Salts

Although tissue salts were first used in homeopathic preparations by Samuel Hahnemann, they are actually part of the Biochemic System of Medicine. Originally proposed by Rudolf Virchow in 1858, the Biochemic System states that the body is merely a collection of cells, and that medicinal treatment should be directed towards the individual cell. In this respect, tissue salts are mineral complexes formulated to rectify cellular mineral imbalances.



Dr. Schüessler determined tissue salt imbalances change the state of immunity and resistance to microbes.

The idea that health could be disturbed by an imbalance in the mineral salts, and corrected by restoring that balance, evolved gradually over the 19th century along with the development of chemistry and cellular biology. In 1873, German homeopath Dr. Schüessler combined this intuitive belief in the body's innate ability to heal itself with the observation that diseases were associated with mineral imbalances. Prior to his work, little had been done with the emerging knowledge of the chemical composition of the human body. Schüessler

spent considerable time studying the effects of tissue salt imbalances and improper metabolism. His findings determined that if this balance is upset, there can be a change in the state of immunity and resistance to microbes. He also studied and catalogued various symptoms that can result from any cell salt deficiency.

Based on analysis of tissue and blood samples, Schüessler defined ten mineral salts, that, in proper balance, were vital to optimum health: calcium, chlorine, fluorine, iron, magnesium, phosphorus, potassium, silica, sodium, and sulphur.

Modern Lifestyles Need Tissue Salts

Modern lifestyles drain even the most health-conscious person. Levels of mineral salts can be easily depleted through stress, anxiety, poor nutrition, industrially tainted foodstuffs, electropollution, environmental toxins, exposure to heavy metals and contaminated drinking water. The human species is becoming weaker and more disease-prone from generation to generation, with high incidents of neo-natal allergies and other deficiencies — including mineral deficiencies transmitted by the mother (what the mother lacks in minerals during pregnancy, the child will be lacking at birth).

Schüessler Salts Defined

Dr. Schüessler believed that balance could be restored by ingesting tissue salts in a bioavailable form. He believed that human cells do not "replace" minerals, but that cells are "activated" by the presence of the homeopathically potentized tissue salts and thus able to restore balance of the essential components.

Schüessler formulated 12 highly bioavailable ingestible tissue salt complexes in a 6X and 12X potency.

Schüessler Salts:

Calcarea fluorica (12X)	Tissue elasticity restorer
Calcarea phosphorica (6X)	Cell restorer
Calcarea sulfurica (6X)	Blood purifier
Ferrum phosphoricum (12X)	Anti-inflammatory
Kalium muriaticum (6X)	Detoxifying agent
Kalium phosphoricum (6X)	Nerve and brain cell agent
Kalium sulfuricum (6X)	Metabolism, pancreatic conditioner
Magnesium phosphoricum (6X)	Pain and cramp reliever
Natrium muriaticum (6X)	Water distributor
Natrium phosphoricum (6X)	Acidity neutraliser
Natrium sulfuricum (6X)	Liver cleanser
Silicea (12X)	Skin and connective tissue conditioner

Tissue Salts:

Calcarea Carbonica (6X)	Calcarea fluorica (6X)
Ferrum phosphoricum (6X)	Silicea (6X)

Benefits of unda® Schüessler Salts

unda® has created over 60,000 compounds, in access of 2,500 remedies and over 1,500 mother tinctures. Laboratory analysis on organic and inorganic chemicals includes: column chromatography, infrared spectrometry and fluorometry (measurements of the excitation and emitting potent energy curves). Manufacturing excellence and stringent testing make unda® Schüessler Salts the market leader.

Cellular penetration. Tissue salts provide deep nutrition, penetrating cells when other nutrients do not. The tissue salt remedies provide support to individual body systems and to each other, to promote healing and vibrant health. These remedies may make supplementation more effective.

Quick absorption. Tablet formulations keep active ingredients stable and highly bioavailable. Administered for sublingual absorption, where sublingual mucosa, rich in surface capillaries, allow for the unimpaired absorption into the ciruclatory system and transport directly to the cell site in their intended concentrations.

Patient compliant. Excellent taste with no aftertaste.

Dose and Administration

Adults: Take five tablets three times daily or follow the recommendations of your healthcare practitioner. Tip bottle slightly allowing for tablets to fall into the cap. Use cap to drop tablets into mouth and allow them to dissolve under the tongue.

Children: Take two tablets three times daily or follow the recommendations of your healthcare practitioner. Tip bottle slightly allowing for tablets to fall into the cap. Use cap to drop tablets into mouth and allow them to dissolve under the tongue.

Warnings: If pregnant or breastfeeding, consult with a healthcare professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Schüessler Salts Overview

MÉLANGE (COMBINATION)

Schüessler Salt 6X/12X Potency



INGREDIENTS

Calcarea Fluorica (Calcium Fluoride) 12X
Calcarea Phosphorica (Calcium Hydrogen
Phosphate) 6X
Calcarea Sulfurica (Calcium Sulfate) 6X
Ferrum Phosphoricum
(Iron (III) Phosphate) 12X
Kali Muriaticum (Potassium Chloride) 6X
Kali Phosphoricum (Potassium
Dihydrogen Phosphate) 6X
Kali Sulfuricum (Potassium Sulfate) 6X

Magnesia phosphorica (Magnesium hydrogen phosphate) 6X Natrium Muriaticum (Sodium Chloride) 6X Natrium Phosphoricum (Sodium Phosphate) 6X Natrium Sulfuricum (Sodium Sulfate) 6X Silicea (Silica) 12X

DESCRIPTION

Mélange tissue salts are a combination of the 12 tissue salts together in one tablet. This avoids the problem of alternating administrations. This tissue salt is indicated for conditions such as overall demineralization and general mineral metabolism disorders.

CALCAREA CARBONICA

(CaCO₃ = Calcium Carbonate)
Tissue Salt 6X Potency



INGREDIENTS

Each tablet contains Calcarea carbonica 6X

DESCRIPTION

Calcarea carbonica tissue salts are vital to the efficient functioning of the body, and are used to rebalance calcium levels and restore inadequate calcium metabolism. This tissue salt is indicated to promote fast and strong development of bones and teeth; for joint and bone pain, slow-healing fractures, painful teething in

children, eye infections, eczema, menopause and for digestive disorders; and it supports the highly anabolic period during the first months of life.

INDICATIONS

- · bone fractures
- · calcium deficiency
- · impaired growth
- · decalcification
- teething
- · joint pain
- impaired growth

CALCAREA FLUORICA

 $(CaF_2 = Calcium fluoride)$

Tissue Salt 6X Potency Schüessler Salt 12X Potency



INGREDIENTS

Each tablet contains Calcarea fluorica 6X or 12X

DESCRIPTION

Calcarea fluorica is found on the surface of bones, enamel of the teeth, elastic tissues (tendons), skin, lens, and in the vascular walls. Silicea is often used as a complementary remedy in the case of demineralization and suppuration. Silicea is often used as a complementary remedy

in the case of demineralization and suppuration.

INDICATIONS

- Exostosis and bone caries (in association with Calcarea phosphorica)
- · Prolapse, ptosis
- Fibroma of the uterus, nodes and indurated scars
- Lumbago (aggravated by rest, cold and humidity; relieved by motion, dry warmth and friction)
- Cracking of joints and joint pain

- Irregularities of the periosteum (exostosis, thickening of the tendon attachment, craniotables)
- Pathological anomalies of the circulatory system (aneurysm, haemorrhoids, varicose veins, aortitis)
- Relaxation of the suspension ligaments, leading to ptosis
- Slackness of the ligaments causing susceptibility for sprains
- Relaxation of synovial membranes, leading to the formation of cysts
- Tooth enamel deficiency and loose teeth
- The eye lens gets turbid, causing cataract
- The skin shows tendency to fissures; keratosis
- · Sensitivity to damp cold

CALCAREA PHOSPHORICA

 $(Ca_3(PO_4)_2 = Calcium hydrogen phosphate)$

Schüessler Salt 6X Potency



INGREDIENTS

Each tablet contains Calcarea phosphorica 6X

DESCRIPTION

Calcarea phosphorica is the most widely spread mineral element in the organism and is found in all tissues. Its action is closely related to the growth of new tissues (pregnancy, growth). It is a reinforcing and remineralizing remedy that gives solidity to the bones and

tissues. This remedy is particularly recommended for use with children and elderly adults.

INDICATIONS

- Unnatural growth and disturbances of the solidity of the bones and strength of the tissues
- Teething related symptoms
- Deficient calcium assimilation with children (fontanelles remain open too long, teeth develop slowly, rickets; in association with Calcarea fluorica in case of diarrhea after consumption of acid fruits or cold drinks)
- Chronic infections of the mucous membranes (respiratory tract, sexual organs, stomach, intestine): coryza, bronchitis, rhinopharyngitis, tracheitis, gastritis, leukorrhea
- Stomach displacement, prolapsus uteri (in association with Alcarea fluorica)
- Accelerating the formation of callous around the ends of fractured bones
- Ulceration of bone substance (in association with Calcarea fluorica, Silicea and Calcarea sulfuricum
- Digestive flatulence (anti-acid action)
- Eczema with yellowish or white crusts, hydrocele
- · Inadequacy of sphincter

CALCAREA SULFURICA

 $(CaSO_A = Calcium sulfate)$

Schüessler Salt 6X Potency



INGREDIENTS

Each tablet contains Calcarea sulfurica 6X

DESCRIPTION

Calcarea sulfurica is found in the bile and connective tissues. In the case of suppurating glands (breasts, testicles, lymph glands), administer Silicea first.

INDICATIONS

- Continuing suppurations; in case of exudative abscesses, discharging thick pus (in alteration with Silicea)
- Inflammation of the mucous membranes, sinusitis, bronchorrhea, ulcers of the cornea; tender gums
- · Cystitis with pus formation
- Superficial skin burns
- · Skin disorders of teenagers and young adults

FERRUM PHOSPHORICUM

(FePO₄ = Ferroso-ferric phosphate)

Tissue Salt 6X Potency
Schüessler Salt 12X Potency



INGREDIENTS

Each tablet contains Ferrum phosphoricum 6X or 12X

DESCRIPTION

Ferrum phosphoricum is found in the haemoglobin of the red blood corpuscles and in the hematopoietic organs (spleen, bone marrow, muscles, intestine). It plays a very active role in maintaining the tonicity and the distribution of the blood over the body. Ferrum phosphoricum is

the remedy to use at the first sign of infection, especially with children.

INDICATIONS

- Inflammation, before other symptoms appear; fever temperature below 39°C
- Bruises, contusions, dislocations, to avoid haematoma headache with rush of blood to the head; concussion, sunstroke, otitis, nosebleed, children with a chlorotic face; toothache and inflammed gums (in association with Calcarea phosphorica)
- Inflammation of the throat, red inflamed tonsils, laryngitis, pharyngitis, coughing fits or convulsive cough
- Gastritis, diarrhea with discharge of blood
- · Nephritis, enuresis, metrorrhagia
- Difficulty absorbing iron in pregnancy

- Loss of muscle tension leading to relaxation of the vascular muscles causing venous insufficiency and thus, phlebitis and periphlebitis
- Disorders of the intestinal perostaltic movement causing chronic constipation; diarrhea from a relaxed state of intestinal villi, not absorbing the usual amount of liquid
- Anemic, pale face; the slightest effort or emotion causes a flushing heat; blue sclera; symptoms aggravated by warmth and motion, relieved by cold

KALIUM MURIATICUM

(KCl = Potassium chloride)

Schüessler Salt 6X Potency



INGREDIENTS

Each tablet contains Kalium muriaticum 6X

DESCRIPTION

Kalium muriaticum is found throughout the human body: muscles, nerve cells, and blood. Kalium muriaticum is an antiseptic and anti-infectious remedy, often used in association with another medicine.

INDICATIONS

- Mainly swelling and inflammation
 of the tongue that is covered with
 a greyish-white coating; closed
 Eustachian tubes, laryngitis, pharyngitis,
 bronchitis, pleurisy (dry and serous)
- Eczematous infections with dry, grey, flower-like scales on the skin
- Skin eruptions with powdery or leaf-like scales (measles, scarlet fever, consequences of smallpox vaccination, conjunctivitis, blepharitis)
- Catarrh of the stomach (with white-greyish exudation), dysentery and diarrhea
- Nephritis, cystitis with thick, white discharge, milky-white leukorrhea

SYMPTOMS

 Fibrinous exudations, swelling of the lymph glands, and inflammation of the serous membranes with fibrinous exudation

KALIUM PHOSPHORICUM

(KH₂PO₄ = Potassium dihydrogen phosphate) Schüessler Salt 6X Potency



INGREDIENTS

Each tablet contains Kalium phosphoricum 6X

DESCRIPTION

Potassium phosphate is found in nerve cells, the brain, blood and muscles.

INDICATIONS

- All inflammation producing a high fever above 39°C
- Fatigue, after-effects of illness, mental strain and exhaustion, overexertion; vertigo
- · Spasms, paralysis
- · Weakness of the uterus during delivery
- Skin eruptions, abscesses, discharge of sebaceous pus, follicular inflammation, scarlet fever, measles; nettle rash, eczema, aphtha, furuncles, leukorrhea, dysentery;
- Senescence
- All cases of enervation

SYMPTOMS

- Disturbances arising from want of nerve energy
- · Anxiety due to insomnia

KALIUM SULFURICUM

 $(K_2SO_4 = Potassium sulfate)$

Schüessler Salt 6X Potency



INGREDIENTS

Each tablet contains Kalium sulfuricum 6X

DESCRIPTION

Kalium sulfuricum is found in the epidermis, the mucous membranes, blood, spinal marrow, the brain and muscles. Kalium sulfuricum is used in recovery processes. In the case of mental disturbances, it can be replaced by Kalium phosphoricum.

INDICATIONS

- Skin infections (measles, scarlet fever, beginning erysipelas
- Recovery of the epithelia
- Nasal catarrh, inflammation of the eye, eye irritations, pharyngitis, laryngitis, leukorrhea with abundant discharge
- Neuralgic or rheumatic pain arising after exposure to damp or wet conditions
- Chronic ear infections; minor sore throats
- Third stage of fever

- Excitement (chronic depressive syndromes)
- Yellow deposits on the mucous membranes
- Shifting pains in the back and limbs, worse in a warm room, better in cool, open air
- · Flakey skin with yellow crusts
- Yellow, fetid discharge

MAGNESIUM PHOSPHORICUM

(MgHPO₄ = Magnesium hydrogen phosphate) Schüessler Salt 6X Potency



INGREDIENTS

Each tablet contains Magnesium phosphoricum 6X

DESCRIPTION

Magnesium phosphoricum is found in the blood, bones, teeth, spine, nerves and brain. This remedy acts best when given in hot water.

INDICATIONS

- Exhaustion and lack of energy reserve in older persons
- Sudden lack of nerve energy
- Spasms in teething children
- Whooping cough, fear, writer's cramp, colic, spasmodic, abdominal pain

SYMPTOMS

- Exhaustion with cramps (menstrual), pain and convulsions
- Pains are shooting, intermittent, always relieved by pressure and warmth, and aggravated by cold or by light touch

NATRIUM MURIATICUM

(NaCl = Sodium chloride)

Schüessler Salt 6X Potency



INGREDIENTS

Each tablet contains Natrium muriaticum 6X

DESCRIPTION

Natrium muriaticum is a constituent of every liquid and solid part of the body (intercellular fluid). Natrium muriaticum is a reinforcing and anti-anemic remedy.

INDICATIONS

- All skin infections with watery vesicles; weeping eczema
- Blepharoconjunctivitis, cataract, catarrh of the Eustachian tube, coryza with fibrous discharge; rhinopharyngitis with dry cough
- Diarrhea with watery stool on contraction of the rectum; hematuria (pale, pink urine)
- All fevers with thirst and dry tongue; intermittent fever (humid climate); cold symptoms
- · Disturbed water balance
- Roaring tinnitus

SYMPTOMS

- · Dehydration of the tissues
- Patient loses weight but has a good appetite and is very thirsty
- Upset and ready to shed tears; shows irritability and a weak memory; prefers solitude
- Very sensitive to cold
- Disturbances occur easily after oversupply of salt or acid food
- Any disturbance in the metabolism of Natrium muriaticum causes a disturbance of the biochemical action of the other mineral salts.
- At this stage, local oedemas arise, together with symptoms of dehydration (watery vesicles on the skin and dry mouth; local cutaneous swelling)
- Anemic condition due to cell multiplication, halting of the red blood corpuscules

NATRIUM PHOSPHORICUM

 $(Na_2PHO_4 = Sodium phosphate)$

Schüessler Salt 6X Potency



INGREDIENTS

Each tablet contains Natrium phosphoricum 6X

DESCRIPTION

Natrium phosphoricum is a constituent of the blood, nerve and brain cells. Through the presence of this salt, lactic acid is decomposed in the muscles into carbonic acid and water. Natrium phosphoricum is a diuretic, an antacid and a remedy against the formation of stones

and catarrh.

In association with Silicea, it $\mbox{\it acts}$ against a surplus of uric acid.

INDICATIONS

- · Coryza, swollen tonsils
- Stomach pain after eating fatty food
- Gallstones, nephritis, catarrh of the bladder
- Inflammation of the breasts

- · Acidity, indigestion of the stomach
- Increase of uric acid blood levels
- · Arthritis, rheumatism
- Formation of gall bladder and kidney stones
- Susceptibility to complications from exposure to cold
- Susceptibility to perspiration of the feet and armpits

NATRIUM SULFURICUM

 $(Na_{3}SO)_{4} = Sodium sulfate)$

Schüessler Salt 6X Potency



INGREDIENTS

Each tablet contains Natrium sulfuricum 6X

DESCRIPTION

This biochemical salt is found in intercellular fluids, where it regulates the excretion of superfluous water (cellulitis). Natrium muriaticum attracts water to regulate the degree of moisture within the cells. Natrium sulfuricum attracts the

water arising from the metabolism of organic substances and ensures its elimination from the organism, along with toxins. This remedy acts mainly on the urinary organs, the bile function, and on the digestion. It stimulates the excretion of superfluous water by way of the kidneys and the skin. Natrium sulfuricum stimulates excretion and is therefore an important anti-toxicant.

INDICATIONS

- Inflammations of the skin: its action is similar to that of Calcarea phosphorica and Kalium muriaticum, although secretions will be yellowish-brown, green-yellow discharge
- Vomiting of bile (jaundice), bilious diarrhea, flatulent colic
- Diabetes, intermittent fever (cfr. Natrium muriaticum), erysipelas (cfr. Magnesia phosphorica), retention of urine, bed-wetting
- Hyperlactation (cfr. Calcarea phosphorica); suppression of the secretion of breast milk
- Edematous, apathetic, melancholic patients whose symptoms are aggravated by damp weather
- People with a lack of appetite, who have a preference for cold water and have a bitter taste in their mouth
- · Watery diarrhea when getting up in the morning

SYMPTOMS

- Water retention (uric acid retention, engorgement of the liver)
- Worse in wet weather and better in warm and dry weather

SILICEA

 $(SiO_2 = Silica)$

Tissue Salt 6X Potency Schüessler Salt 12X Potency



INGREDIENTS

Each tablet contains Silicea 6X or 12X

DESCRIPTION

This is not a salt in the strict sense. Carbonization of living tissue also leaves silicum, and therefore it is included by Dr. Schuessler in his series of mineral salts. Silicea is found in connective tissues, bones, hair, teeth, nails, nerve cells, pancreas and heart. Silicea stimulates

the elimination of pus and the absorption of indurations in the connective tissues. Silicea is an important tuberculinic remedy in homeopathic Medicine. Silicea is mostly used in association with other biochemical salts.

INDICATIONS

- Rachitis due to inadequate nutrition or defecient assimilation; caries of bone, abnormalities of the vertebral column; inflammation of the bone marrow and of the periosteum; ulceration of bone. (cfr. Calcarea phosphorica);exostosis (cfr. Calcarea fluorica)
- · Chronic suppurations, fistulas
- Nails crippled and brittle, with white spots
- Inflammation of the mucous membranes with a discharge of a transparent, milky fluid (coryza with ulceration of the pharynx)
- Otitis with fetid discharge; caries of the mastoid cells
- Ulcers of the cornea with tendency to perforate and pus formation in the anterior eye chamber; hordeola (i.e. styes)
- Abscesses with fistulous openings and fistulas
- Melancholic patients, easily fatigued by mental effort; exhaustion
- Paralysis of the sphincter of the bladder
- Adrenal atrophy
- Anti-fungal

SYMPTOMS

- Chronic ailments, attended by pus formations, acne
- Susceptibility to abscesses, fistulous ulcers, and fetid perspiration

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Established over half a century ago in Belgium, unda® is renown for manufacturing exceptional homeopathic products utilized in supporting immune, lymphatic and endocrine systems to properly process and

eliminate toxins from the body. In the production of all homeopathic remedies unda® uses only pure materials and herbs that are biodynamically grown or wildcrafted. unda® produces a broad range of homeopathic products in various potencies including: the unique Numbered Compounds, Gemmotherapy macerates, Schüssler Tissue Salts, Gammadyn Oligo Elements, Organotherapy, creams and oils, as well as homeopathic compatible dental care.



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