

## LM Potency — How to Take Your Remedy

*Please read through once before your first dose. Striking the bottle before every dose is the one step that must never be skipped.*

Your LM remedy comes in a small dropper bottle. **Before every single dose, the bottle must be struck firmly** the number of times I have given you. This step is not optional — please do not skip it.

### HOW TO TAKE YOUR DOSE

- 1. Prepare your mouth first.** Wait 30 minutes after eating, drinking coffee, using mint, or brushing your teeth.
- 2. Strike the closed bottle against your palm** the exact number of times directed. One firm downward strike equals one. Count carefully every time.
- 3. Open the dropper and hold it over your open mouth.** Let the drops fall in without the dropper touching your lips or tongue. Take the number of drops I specified — usually 5 to 10.
- 4. Hold the drops in your mouth a moment, then swallow.** Do not rinse or drink water right after.
- 5. Replace the cap and store the bottle carefully.** Keep it away from heat, sunlight, strong smells, and electronics. If the dropper touched your mouth, rinse the tip with plain water before replacing it.
- 6. Wait 30 minutes before eating or drinking.** Sit quietly for a few minutes after your dose.

Take your LM remedy daily, or as directed. The time of day may vary. If you forget a day — simply resume. No need to double up.

**Questions?** Please reach out before changing anything on your own. I am always happy to help.

— Suzanne