

Please review each of the 12 Schuessler Tissue Salt minerals:



CALC FLUOR

Calcium fluoride

Elasticity

- Flexibility
- Resilience
- Strengthener

For:

- ✓ Haemorrhoids
- ✓ Varicose veins
- ✓ Cracked skin

CALC PHOS

Calcium Phosphate

Bone health

- Growth support
- Tonifier
- Teeth health

For:

- ✓ Poor appetite
- ✓ Bone health and iron stores
- ✓ Growing pains



CALC SULPH

Calcium Sulphate

Blood Cleanser

- Dissolves discharge
- Liver support
- Detoxing

For:

- ✓ Spots & Pimples
- ✓ Scaly skin
- ✓ Poor healing wounds



FERR PHOS

Ferrum Phosphate

First Aid

- Clears redness & heat
- Reduce swelling & throbbing
- Fast action for first stage illness

For:

- ✓ Fevers
- ✓ First sign of infection
- ✓ Menopausal flushing



KALI MUR

Potassium Chloride

Glandular tonic

- Drain Congestion
- Anti-inflammatory
- Reduce swollen glands

For:

- ✓ Copious mucus
- ✓ Irritable bowel
- ✓ Tonsillitis



KALI PHOS

Potassium phosphate

Nerve nutrient

- Reduces anxiety
- Calming
- Nerve tonic

For:

- ✓ Mild anxiety
- ✓ Irritability
- ✓ Fatigue & mental exhaustion



KALI SULPH

Potassium Sulphate

Skin Balance

- Skin Conditioner
- Clears thick mucus
- Calms irritated skin

For:

- ✓ Dry scaling skin
- ✓ Dandruff
- ✓ Eczema & tinea

MAG PHOS

Magnesium Phosphate

Muscle relaxant

- Anti-spasmodic
- Nerve nutrient
- Pain relief

For:

- ✓ Muscle cramps
- ✓ Spasms & twitches
- ✓ Nerve pain



NAT MUR

Sodium Chloride

Fluid Balance

- Water balancer
- Excessive dryness
- Excessive fluid

For:

- ✓ Fluid retention
- ✓ Cold sores
- ✓ Cracked lips



NAT PHOS

Sodium Phosphate

Acid Neutraliser

- Restores alkaline balance
- Supports digestion
- Breaks down lactic acid

For:

- ✓ Heartburn & Indigestion
- ✓ Nausea
- ✓ Stomach bloating



NAT SULPH

Sodium Sulphate

Water eliminator

- Drains excess fluid
- Flushes toxins
- Liver cleanser

For:

- ✓ Excess fluid and swelling
- ✓ Sluggish liver & digestion
- ✓ Acne

Silica

Silicon Dioxide

Cleanser & Conditioner

- Calcium balance
- Strengthens ligaments
- Expels toxins

For:

- ✓ Pimples & boils
- ✓ Poor circulation
- ✓ Hair, skin & nail health



Please refer to our [Tissue Salts Handbook](#) to match an aliment to the best remedy.