Homeopathy Label Reader and Glossary

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1. Read the potency on the label

Label says	Means	Concentration of source	Safety note
Mother tincture, Q or Ø	Undiluted extract	Full strength	**Contains active substance**
1X to 4X (D1 to D4)	1 to 4 steps of 1:10	1 in 10 to 1 in 10,000	**Can contain real amounts**
6X (D6)	6 steps of 1:10	1 in a million	Traces may remain
6C	6 steps of 1:100	1 in a trillion	Extremely small traces at most
12C and above (30C, 200C)	12+ steps of 1:100	Past Avogadro's number	No original molecule likely
LM or Q potency	Steps of 1:50,000	Very high dilution	Later method from Organon, 6th ed.

2. Check the rest of the label

[ ] Source substance: is it a toxic plant or mineral (e.g., belladonna, aconite, arsenic, mercury)?

[ ] Alcohol content in liquid remedies (relevant for children and anyone avoiding alcohol)

[ ] "Nosode" or "homeoprophylaxis": these are NOT vaccines (Health Canada, NCCIH)

[ ] No US homeopathic product is FDA-approved or FDA-evaluated for effectiveness

3. Questions to ask your pharmacist or doctor

[ ] Does this product contain any active ingredient at a meaningful amount?

[ ] Could it interact with my medicines or a health condition, or with pregnancy or breastfeeding?

[ ] Do my symptoms need tests or treatment first?

[ ] At what point should I stop waiting and come back?

4. Never use homeopathy instead of

Vaccines · care for infections or serious illness · prescribed medicines · care in pregnancy or for babies and children

5. Quick glossary

Materia medica	Book of remedy symptom pictures	**Succussion**	The vigorous shaking step
Repertory	Index of remedies by symptom	**Modality**	What makes a symptom better or worse
Proving	Testing a substance on healthy volunteers	**Polychrest**	A remedy with many traditional uses
Potentization	Repeated dilution and shaking	**Miasm**	Hahnemann's idea of a chronic disease tendency

Major reviews (NHMRC 2015; UK House of Commons 2010) found no reliable evidence that homeopathy works beyond placebo. This guide contains no doses or treatment advice.