Nux Vomica Safety and Label Card

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1. Possible strychnine poisoning: call now

Emergency services, or US Poison Control: 1-800-222-1222

Signs (usually within 15 to 60 minutes of swallowing): agitation, jumpiness, twitching, painful muscle spasms, tight jaw, stiff limbs, trouble breathing. The person may stay fully awake.

Do NOT make the person vomit. Do not give food or drink. Bring the bottle or package with you.

2. How to read the label

Label shows	What it means	Risk
Seeds, powder, "kuchla"	Raw or crude seed	**Poisonous. Never take.**
Ø, Q, "mother tincture"	Undiluted alcohol extract	**Contains strychnine. Has caused poisoning.**
1X to 6X (or D1 to D6)	Diluted 1 in 10 per step	Treat as active. Alkaloids may be measurable.
12C, 30C, 200C	Diluted 1 in 100 per step	No source molecules expected. Toxicity not expected.
"Alcohol __%"	Liquid base	Matters for children and anyone avoiding alcohol.

3. Safe storage checklist

[ ] Tinctures and low X potencies stored high and locked

[ ] Out of reach of children and pets (strychnine is toxic to animals too)

[ ] No unlabeled herbal blends or "detox" products listing nux vomica

[ ] Doctor and pharmacist told about every remedy you use

[ ] Poison Control number saved in your phone

4. These symptoms need a doctor, not a remedy

[ ] Indigestion with trouble swallowing, weight loss, vomiting blood or black stools

[ ] Constipation with blood in the stool, severe belly pain or a lasting change in habits

[ ] After drinking: confusion, repeated vomiting, slow breathing, unresponsive = emergency

[ ] Poor sleep for several weeks, or low mood most days. Thoughts of self-harm: seek help now.

[ ] Pregnant, breastfeeding, or giving anything to a child: ask your doctor first

No good-quality evidence shows nux vomica treats any condition (NHMRC 2015; NCCIH). This card contains no doses.