



*6801 Biotics Research Drive
Rosenberg, TX 77471*

Available exclusively from Biotics Research Corporation and its independent distributors. For the name and number of your local distributor or local representative please call (800) 231-5777 or visit www.bioticsresearch.com

LIT-122 Rev. 1/09



A Subsidiary of
Biotics Research Corporation

Table of Contents

pg. 1	Introduction to 21 st Century Homeopathics
pg. 4	Remedy #1: Detoxification
pg. 5	Remedy #2: Lymphatic Drainage
pg. 5	Remedy #3: Acute Stress
pg. 6	Remedy #4: Detox Virus
pg. 6	Remedy #5: Chronic Stress
pg. 7	Remedy #6: Environment Detox
pg. 7	Remedy #7: Heavy Metal Detox
pg. 8	Remedy #8: Fungal-Yeast Infection
pg. 9	Remedy #9: Bacteria Detox
pg. 9	Remedy #10: Parasite Detox

In general, homeopathic remedies are produced with a alcohol, water or a combination of both as a base. 21st Century Homeopathics' remedies #1 through #10 are produced in a base of water. This is important to patients who are sensitive to alcohol.

Remedy #9: Bacterial Detox

For temporary relief of fever, sore throat and acute irritation of the bladder. Remedy #9 supports detoxification of toxins that remain after a bacterial infection or miasm.

ACTIVE INGREDIENTS: Echinacea Angustifolia 3X-30C, Baptisia Tinctoria 3X-30C, Phytolacca Decandra 3X-30C, Ferrum Phosphoricum 30C, Arsenicum Album 30C, Belladonna 30C, Chamomilla 30C, Mercurius Solubilis 30C, Gelsemium Sempervirens 30C, Lachesis Mutus 30C, Dulcamara 3X-30C, Pyrogenium 30C, Allium Sativum 4X-30C, Apis Mellifica 30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #10: Parasitic Detox

For temporary relief of fever, joint pain, cough, stiffness and gastric upset. Remedy #10 supports detoxification of toxins that remain following a parasitic infection.

ACTIVE INGREDIENTS: Baryta Carbonica 30C, Calcarea Carbonica 30C, Carduus Marianus 3X-30C, Chelidonium Majus 3X-30C, Cina 3X-30C, Ferrum Muriaticum 30C, Natrum Muriaticum 30C, Sabadilla 3X-30C, Silicea Terra 30C, Spigelia Anthelmia 3X-30C, Sulphar 30C, Terebinthina 5X, Teucrium Marum 3X-30C, Thyroidinum 6X, Apis Mellifica 30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #7: Heavy Metal Detox (cont.)

Lithium Carbonicum, Manganum Metallicum, Mercurius Solubillis, Molybdenum, Neodymium, Niccolum Metallicum, Niobium, Nitrogenum, Oxygen, Plumbum Metallicum, Praseodymium, Rubidium, Samarium, Scandium, Selenium Metallicum, Silicea Terra, Strontium Carbonicum, Tantalum, Terbium, Thulium, Tin, Titanium Metallicum, Vanadium, Ytterbium, Zincum Metallicum), Veratrum Album 30C, Apis Mellifica 30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #8: Fungal Yeast infection

For temporary relief of flatulence, bloating and rhinitis. Remedy #8 supports detoxification due to mycotic infections.

ACTIVE INGREDIENTS: Candida Nosode 12X-30X, Sepia 30C, Lycopodium Clavatum 30C, Pulsatilla 30C, Thuja Occidentalis 30C, Calcarea Carbonica 30C, Astragalus Membranaceus 3X-30C, Mercurius Solubilis 30C, Hydrastis Canadensis 3X-30C, Phytolacca Decandra 3X-30C, Echinacea Angustifolia 3X-30C, Berberis Vulgaris 3X-30C, Gentiana Lutea 3X-30C, Apis Mellifica 30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

21st Century Homeopathics

21st Century Homeopathics supplies easy-to-use remedies that provide consistent results and act as a complement to traditional medicine. We know that our products must keep pace with the effects of a constantly changing environment. All remedies produced by 21st Century Homeopathics are designed to effectively meet that challenge.

What is homeopathy? Homeopathy is a medical science, a natural complement to traditional medicine. The word homeopathy is of Greek origin “*homeo*” meaning similar and “*pathos*” meaning disease or suffering. Homeopathy’s basic principle is the “law of similars” or, like cures like. A physician using homeopathic remedies will look for a substance to mimic the body’s symptoms. For instance, an onion may cause burning or running eyes. This could be a symptom of hay fever or allergies.

Homeopathy is a natural system of health care that stimulates the body’s natural defenses and healing powers. Homeopathy is a time-tested, economical and non-toxic form of therapy. Homeopathy recognizes that symptoms represent the body’s adaptation and defense against disease, stress and factors that alter its finely tuned systems. Homeopathy treats the underlying problem. Therefore, a physician utilizing homeopathic remedies will attempt to find remedies to help the body cure itself. Homeopathic medicines support a person’s natural defenses.

Homeopathy uses substances according to their ability to promote symptoms resembling those a person presently experiences. Conventional medical practice sometimes employs a similar strategy to stimulate the body’s healing processes, for example, allergy treatments and immunizations.

21st Century Homeopathics

How should homeopathic remedies be used? Homeopathic remedies should be taken on an empty stomach. This includes liquids as well as food. The remedies should be taken fifteen minutes – or thirty minutes after a meal or beverage. Do not swallow remedy immediately; allow it to stay in the mouth for approximately 15 seconds before swallowing. Your homeopathic remedies should be stored at room temperature, out of direct sunlight. Always keep homeopathic remedies distant from any aromatic substances such as perfumes, paint or any household (aromatic) contaminants.

When using homeopathic remedies it is recommended to avoid alcoholic beverages, mint and caffeine-containing substances including coffee, tea and chocolate.

How are homeopathic remedies prepared? Homeopathic remedies are produced under regulation of the FDA. There are no side affects with homeopathic medicines.

What is the difference between a single remedy and a combination (complex) formula? Traditionally, homeopathic remedies are single-remedy medicines. A physician utilizing the single remedy approach to homeopathy may inventory up to several thousand remedies. The approach is very specific and individualized, requiring extensive training and remedy adjustments throughout the treatment. By comparison, a physician utilizing a *complex* (multiple ingredient and potencies) preparation, will inventory fewer products that are more broad-based. Because of their synergistic effects, the complex formulas do not need the same exacting individualization. They are easier to use and will benefit a broader patient profile. Complex homeopathy can be used as a complement to nutritional protocols.

Remedy #6: Environmental Detox

For temporary relief of cough, rattling in chest, hoarseness, sore throat, skin irritation and vomiting upon environmental exposure. Remedy #6 supports detoxification of insecticides, environmental and industrial pollutants.

ACTIVE INGREDIENTS: ACTH 30C, Calcarea Carbonica 30C, Magnesia Sulphurica 30C, Kali Phosphoricum 30C, Nitricum Acidum 30C, Benzoicum Acidum 30C, Silicea 30C, Arsenicum Album 30C, Mercuris Solubilis 30C, Phosphorus 30C, Carbo Vegetabilis 30C, Nux Vomica 30C, Aluminum Metallicum 30C, Phytolacca Decandra 3X-30C, Baptisia Tinctoria 3X-30C, Argentum Nitricum 30C, Spigelia Anthelmia 3X-30C, Apis Mellifica 30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #7: Heavy Metal Detox

For temporary relief of neurologic disorders, vomiting, prostration and metallic aftertaste. Remedy #7 supports detoxification of environmental pollutants.

ACTIVE INGREDIENTS: Allium Sativum 4X-30C, Aurum Metallicum 12-30X, Belladonna 30C, Berberis Vulgaris 30C, Causticum 30C, Conium Maculatum 30C, Hepar Sulphuris Calcareum 30C, Hypericum Perforatum 30C, Ipecacuanha 30C, Metal Isode 12-30X (Aluminum, Argentum Metallicum, Arsenicum Metallicum, Baryta Carbonica, Beryllium Metallicum, Boron, Bromium, Cadmium Metallicum, Carboneum, Cerium, Cesium, Chromium, Cobalt, Cuprum Metallicum, Dysprosium, Erbium, Europium, Ferrum Metallicum, Fluorine, Gadolinium, Gallium, Germanium, Holmium, Hydrogen, Indium Metallicum, Iodium, Lanthanum,

Remedy #4: Detox-Virus

For relief of skin irritation, dry cough, eczema or fever. Remedy #4 supports detoxification of residual toxins left from a viral infection.

ACTIVE INGREDIENTS: Aranea Diadema 30C, Pyrogenium 30C, Phytolacca Decandra 3X-30C, Echinacea Angustifolia 3X-30C, Astragalus Membranaceus 3X-30C, Baptisia Tinctoria 3X-30C, Hydrastis Canadensis 3x-30C, Lachesis Mutus 30C, Gelsemium Sempervirens 30C, Belladonna 30C, Eupatorium Perfoliatum 30C, Arsenicum Album 30C, Phosphoricum Acidum 30C, Silicea 30C, Thuja Occidentalis 30C, Vaccinium Myrtillus 30C, Apis Mellifica 30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #5: Chronic Stress

For temporary relief of debility, exhaustion or exhaustion after slight exertion, or exhaustion following dysentery. Remedy #5 supports the easing of chronic stress produced by natural substances called adaptogens.

ACTIVE INGREDIENTS: Aralia Quinquefolia 3X-30C, Hydrastis Canadensis 3X-30C, Ceanothus Americanus 30C, Carbo Vegetabilis 30C, Calcarea Carbonica 30C, Natrum Muriaticum 30C, Nux Vomica 30C, Solidago Virgaurea 3X-30C, Cyclamen Europaeum 30C, Taraxacum Officinale 3X-30C, Arsenicum Album 30C, Phosphorus 30C, Hepar Sulphuris Calcareum 30C, Trifolium Pratense 3X-30C, Petroleum 30C, Fucus Vesiculosus 3X-30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

21st Century Homeopaths

What recent scientific literature supports the use of homeopathy? The clinical effectiveness of homeopathy was reviewed recently (*Kleijen J. Knipschild P. Riet G. Clinical trials of homeopathy. British Journal of Medicine 1991; 302:316-323.*). Of the 21 most carefully designed studies, 15 showed positive effects with homeopathic medicines.

More recently, a meta analysis of three trials using asthmatic patients strengthened the evidence that homeopathic treatment significantly ameliorated symptoms (*Reilly D. et al, Is evidence for homeopathy reproducible? Lancet 1994; 344: 1601-1606.*)

In the opinion of the scientific community, the “turning point” in homeopathy is credited to the paper, which demonstrated homeopathy’s immune response by utilizing the Human Basophil Degranulation Test (HBDT). The HBDT is a well-established model of the immune response (*Belon P. C.J., et al. 1999. Inhibition of human basophil degranulation by successive histamine dilutions: results of a European multi-centre trial. Inflamm Res. Apr; 48: S17-18.*). In a similar study, HBDT was also used to measure inhibition of basophil activation by ultramolecular dilutions of histamine. In addition to methodological and statistical detail, supplementary experiments corroborated the main thesis. The overall result showed statistically significant inhibition of basophil activation at ultramolecular dilutions of histamine ($p \leq 0.0001$) (*Fisher P. 2004. A landmark for basic research in homeopathy. Homeopathy 93: 162-163.*)

Remedy #1: Detoxification

For temporary relief of gastrointestinal dyspepsia (indigestion) with flatulence and bloating and intolerance of certain foods. Remedy #1 supports detoxification and cellular repair.

ACTIVE INGREDIENTS: Adrenocorticotrophic Hormone (ACTH) 30X, Anthracinum 30X, Aurum Metallicum 12-30X, Bromium 30C, Calcarea Carbonica 30C, Capsicum Annum 3X-30C, Carbo Animalis 30C, Carbo Vegetabilis 30C, Carcinosinum 30C, Conium Maculatum 30C, Gelsemium Sempervirens 30C, Kali Bichromicum 30C, Lachesis Mutus 30C, Metal Isode 12-30X (Aluminum, Argentum Metallicum, Arsenicum Metallicum, Baryta Carbonica, Beryllium Metallicum, Boron, Bromium, Cadmium Metallicum, Carboneum, Cerium, Cesium, Chromium, Cobalt, Cuprum Metallicum, Dysprosium, Erbium, Europium, Ferrum Metallicum, Fluorine, Gadolinium, Gallium, Germanium, Holmium, Hydrogen, Indium Metallicum, Iodium, Lanthanum, Lithium Carbonicum, Manganum Metallicum, Mercurius Solubillis, Molybdenum, Neodymium, Niccolum Metallicum, Niobium, Nitrogenum, Oxygen, Plumbum Metallicum, Praseodymium, Rubidium, Samarium, Scandium, Selenium Metallicum, Silicea Terra, Strontium Carbonicum, Tantalum, Terbium, Thulium, Tin, Titanium Metallicum, Vanadium, Ytterbium, Zincum Metallicum), Natrum Phosphoricum 30C, Palladium Metallicum 12-30X, Phosphoricum Acidum 30C, Phosphorus 30C, Phytolacca Decandra 3X-30C, Pituitary 30X, Pyrogenium 30C, Secale Cornutum 30C, Serum Anguillae 30X, Strychnos Gauthieriana 30C, Sulphuricum Acidum 30C, Tartaricum Acidum 30X, Thallium Metallicum 12-30X, Theridion 30X, Thiosinaminum 30C, Thuja Occidentalis 30C, Trifolium Pratense 3-30X, Thyroidinum 30X, Veratrum Album 30C, X-Ray 30C, Apis Mellifica 30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #2: Lymphatic Drainage

For temporary relief of fever, sore throat and acute irritation of the bladder. Remedy #2 supports the clearing of organs allowing for lymphatic drainage and detoxification of any stored toxins that have been released during the cleansing.

ACTIVE INGREDIENTS: Nux Vomica 30C, Baryta Muriatica 30C, Lachesis Mutus 30C, Conium Maculatum 30C, Hydrastis Canadensis 3X-30C, Iodium 30C, Silicea 30C, Phosphorus 30C, Chininum Sulphuricum 30C, Carduus Marianus 3X-30C, Chelidonium Majus 3X-30C, Berberis Vulgaris 3X-30C, Collinsonia Canadensis 3X-30C, Mercurius Solubillis 30C, Ceanothus Americanus 30C, Solidago Virgaurea 3X-30C, Fel Tauri 6C, Apis Mellifica 30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.

Remedy #3: Acute Stress

For relief of acute stress due to emotional strain, anxiety, sleeplessness, apprehension or fear.

ACTIVE INGREDIENTS: Arnica Montana 3X-30C, Bellis Perennis 3X-30C, Staphysagria 30C, Ignatia Amara 30C, Arsenicum Album 3X-30C, Natrum Muriaticum 30C, Lachesis Mutus 30C, Magnesia Phosphorica 30C, Natrum Sulphuricum 30C, Valeriana Officinalis 3X-30C, Passiflora Incarnata 3X-30C, Coffea Cruda 30C, Clematis Erecta 30C, Cistus Canadensis 30C, Ornithogalum Umbellatum 30C, Phosphoricum Acidum 30C, Carcinosin 30C, Salix Nigra 30C, Apis Mellifica 30C.

OTHER INGREDIENTS: Distilled Water, 0.5% Sodium Benzoate and 0.12% Citric Acid.