

The Function of Tissue Salts

Tissue salts (mineral salts) naturally exist in human cells and play a critical role in regulating cellular metabolism. While not directly involved in cell energy production, tissue salts help regulate the following cellular functions:

Oxidation component. Facilitating uptake and utilization of the particular minerals contributes to food oxidation and improved nutrient absorption.

Structural development. Regular changes in the cell are dependent on a natural concentration of tissue salts. Building and development of a particular type of cell, such as a nerve cell, is determined by the particular mineral salt involved. The same holds true for the cell's functioning, which is equally dependent on the presence of a particular mineral salt.

The History Of Tissue Salts

Although tissue salts were first used in homeopathic preparations by Samuel Hahnemann, they are actually part of the Biochemic System of Medicine. Originally proposed by Rudolf Virchow in 1858, the Biochemic System states that the body is merely a collection of cells, and that medicinal treatment should be directed towards the individual cell. In this respect, tissue salts are mineral complexes formulated to rectify cellular mineral imbalances.



Dr. Schuessler determined tissue salt imbalances change the state of immunity and resistance to microbes.

The idea that health could be disturbed by an imbalance in the mineral salts, and corrected by restoring that balance, evolved gradually over the 19th century along with the development of chemistry and cellular biology. In 1873, German homeopath Dr. Schuessler combined this intuitive belief in the body's innate ability to heal itself with the observation that diseases were associated with mineral imbalances. Prior to his work, little had been done with the emerging knowledge of the chemical composition of the human body. Schuessler

spent considerable time studying the effects of tissue salt imbalances and improper metabolism. His findings determined that if this balance is upset, there can be a change in the state of immunity and resistance to microbes. He also studied and catalogued various symptoms that can result from any cell salt deficiency.

Based on analysis of tissue and blood samples, Schuessler defined ten mineral salts, that, in proper balance, were vital to optimum health: calcium, chlorine, fluorine, iron, magnesium, phosphorus, potassium, silica, sodium, and sulphur.

Modern Lifestyles Need Tissue Salts

Modern lifestyles drain even the most health-conscious person. Levels of mineral salts can be easily depleted through stress, anxiety, poor nutrition, industrially tainted foodstuffs, electro-pollution, environmental toxins, exposure to heavy metals and contaminated drinking water. The human species is becoming weaker and more disease-prone from generation to generation, with high incidents of neo-natal allergies and other deficiencies – including mineral deficiencies transmitted by the mother (what the mother lacks in minerals during pregnancy, the child will be lacking at birth).

Schuessler Salts Defined

Dr. Schuessler believed that balance could be restored by ingesting tissue salts in a bioavailable form. He believed that human cells do not "replace" minerals, but that cells are "activated" by the presence of the homeopathically potentized tissue salts and thus able to restore balance of the essential components.

Schuessler formulated 12 highly bioavailable ingestible tissue salt complexes in a 6X and 12X potency.

Schuessler Salts:

Calcarea fluoric (12X)	Tissue elasticity restorer
Calcarea phosphoric (6X)	Cell restorer
Calcarea sulfuric (6X)	Blood purifier
Ferrum phosphoricum (12X)	Anti-inflammatory
Kalium muriaticum (6X)	Detoxifying agent
Kalium phosphoricum (6X)	Nerve and brain cell agent
Kalium sulfuricum (6X)	Metabolism, pancreatic conditioner
Magnesium phosphoricum (6X)	Pain and cramp reliever
Natrium muriaticum (6X)	Water distributor
Natrium phosphoricum (6X)	Acidity neutraliser
Natrium sulfuricum (6X)	Liver cleanser
Silicea (12X)	Skin and connective tissue conditioner

Tissue Salts:

Calcarea Carbonica (6X)	Calcarea fluoric (6X)
Ferrum phosphoricum (6X)	Silicea (6X)

Benefits of unda® Schuessler Salts

unda® has created over 60,000 compounds, in excess of 2,500 remedies and over 1,500 mother tinctures. Laboratory analysis on organic and inorganic chemicals includes: column chromatography, infrared spectrometry and fluorometry (measurements of the excitation and emitting potent energy curves). Manufacturing excellence and stringent testing make unda® Schuessler Salts the market leader.

Cellular penetration. Tissue salts provide deep nutrition, penetrating cells when other nutrients do not. The tissue salt remedies provide support to individual body systems and to each other, to promote healing and vibrant health. These remedies may make supplementation more effective.

Quick absorption. Tablet formulations keep active ingredients stable and highly bioavailable. Administered for sublingual absorption, where sublingual mucosa, rich in surface capillaries, allow for the unimpaird absorption into the circulatory system and transport directly to the cell site in their intended concentrations.

Patient compliant. Excellent taste with no aftertaste.

Dose and Administration

Adults: Take five tablets three times daily or follow the recommendations of your healthcare practitioner. Tip bottle slightly allowing for tablets to fall into the cap. Use cap to drop tablets into mouth and allow them to dissolve under the tongue.

Children: Take two tablets three times daily or follow the recommendations of your healthcare practitioner. Tip bottle slightly allowing for tablets to fall into the cap. Use cap to drop tablets into mouth and allow them to dissolve under the tongue.

Warnings: If pregnant or breastfeeding, consult with a healthcare professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Schüssler Salts Overview

MÉLANGE (COMBINATION)

Schüssler Salt 6X/12X Potency



INGREDIENTS

Calcarea Fluorica (Calcium Fluoride) 12X
Calcarea Phosphorica (Calcium Hydrogen Phosphate) 6X
Calcarea Sulfurica (Calcium Sulfate) 6X
Ferrum Phosphoricum (Iron (III) Phosphate) 12X
Kali Muriaticum (Potassium Chloride) 6X
Kali Phosphoricum (Potassium Dihydrogen Phosphate) 6X
Kali Sulfuricum (Potassium Sulfate) 6X

Magnesia phosphorica (Magnesium hydrogen phosphate) 6X
Natrium Muriaticum (Sodium Chloride) 6X
Natrium Phosphoricum (Sodium Phosphate) 6X
Natrium Sulfuricum (Sodium Sulfate) 6X
Silicea (Silica) 12X

DESCRIPTION

Mélange tissue salts are a combination of the 12 tissue salts together in one tablet. This avoids the problem of alternating administrations. This tissue salt is indicated for conditions such as overall demineralization and general mineral metabolism disorders.

CALCAREA CARBONICA

(CaCO_3 = Calcium Carbonate)

Tissue Salt 6X Potency



INGREDIENTS

Each tablet contains Calcarea carbonica 6X

DESCRIPTION

Calcarea carbonica tissue salts are vital to the efficient functioning of the body, and are used to rebalance calcium levels and restore inadequate calcium metabolism. This tissue salt is indicated to promote fast and strong development of bones and teeth; for joint and bone pain, slow-healing fractures, painful teething in

children, eye infections, eczema, menopause and for digestive disorders; and it supports the highly anabolic period during the first months of life.

INDICATIONS

- bone fractures
- calcium deficiency
- impaired growth
- decalcification
- teething
- joint pain
- impaired growth

CALCAREA FLUORICA

(CaF_2 = Calcium fluoride)

Tissue Salt 6X Potency

Schüssler Salt 12X Potency



INGREDIENTS

Each tablet contains Calcarea fluorica 6X or 12X

DESCRIPTION

Calcarea fluorica is found on the surface of bones, enamel of the teeth, elastic tissues (tendons), skin, lens, and in the vascular walls. Silicea is often used as a complementary remedy in the case of demineralization and suppuration. Silicea is often used as a complementary remedy

in the case of demineralization and suppuration.

INDICATIONS

- Exostosis and bone caries (in association with Calcarea phosphorica)
- Prolapse, ptosis
- Fibroma of the uterus, nodes and indurated scars
- Lumbago (aggravated by rest, cold and humidity; relieved by motion, dry warmth and friction)
- Cracking of joints and joint pain

SYMPTOMS

- Irregularities of the periosteum (exostosis, thickening of the tendon attachment, craniotables)
- Pathological anomalies of the circulatory system (aneurysm, haemorrhoids, varicose veins, aortitis)
- Relaxation of the suspension ligaments, leading to ptosis
- Slackness of the ligaments causing susceptibility for sprains
- Relaxation of synovial membranes, leading to the formation of cysts
- Tooth enamel deficiency and loose teeth
- The eye lens gets turbid, causing cataract
- The skin shows tendency to fissures; keratosis
- Sensitivity to damp cold

CALCAREA PHOSPHORICA

(Ca₃(PO₄)₂ = Calcium hydrogen phosphate)

Schüssler Salt 6X Potency



INGREDIENTS

Each tablet contains Calcarea phosphorica 6X

DESCRIPTION

Calcarea phosphorica is the most widely spread mineral element in the organism and is found in all tissues. Its action is closely related to the growth of new tissues (pregnancy, growth). It is a reinforcing and remineralizing remedy that gives solidity to the bones and

tissues. This remedy is particularly recommended for use with children and elderly adults.

INDICATIONS

- Unnatural growth and disturbances of the solidity of the bones and strength of the tissues
- Teething related symptoms
- Deficient calcium assimilation with children (fontanelles remain open too long, teeth develop slowly, rickets; in association with Calcarea fluorica in case of diarrhea after consumption of acid fruits or cold drinks)
- Chronic infections of the mucous membranes (respiratory tract, sexual organs, stomach, intestine): coryza, bronchitis, rhinopharyngitis, tracheitis, gastritis, leukorrhea
- Stomach displacement, prolapsus uteri (in association with Calcarea fluorica)
- Accelerating the formation of callous around the ends of fractured bones
- Ulceration of bone substance (in association with Calcarea fluorica, Silicea and Calcarea sulfuricum)
- Digestive flatulence (anti-acid action)
- Eczema with yellowish or white crusts, hydrocele
- Inadequacy of sphincter

CALCAREA SULFURICA

(CaSO₄ = Calcium sulfate)

Schüssler Salt 6X Potency



INGREDIENTS

Each tablet contains Calcarea sulfurica 6X

DESCRIPTION

Calcarea sulfurica is found in the bile and connective tissues. In the case of suppurating glands (breasts, testicles, lymph glands), administer Silicea first.

INDICATIONS

- Continuing suppurations; in case of exudative abscesses, discharging thick pus (in alteration with Silicea)
- Inflammation of the mucous membranes, sinusitis, bronchorrhea, ulcers of the cornea; tender gums
- Cystitis with pus formation
- Superficial skin burns
- Skin disorders of teenagers and young adults

FERRUM PHOSPHORICUM

(FePO₄ = Ferroso-ferric phosphate)

Tissue Salt 6X Potency

Schüssler Salt 12X Potency



INGREDIENTS

Each tablet contains Ferrum phosphoricum 6X or 12X

DESCRIPTION

Ferrum phosphoricum is found in the haemoglobin of the red blood corpuscles and in the hematopoietic organs (spleen, bone marrow, muscles, intestine). It plays a very active role in maintaining the tonicity and the distribution of the blood over the body. Ferrum phosphoricum is

the remedy to use at the first sign of infection, especially with children.

INDICATIONS

- Inflammation, before other symptoms appear; fever temperature below 39°C
- Bruises, contusions, dislocations, to avoid haematoma headache with rush of blood to the head; concussion, sunstroke, otitis, nosebleed, children with a chlorotic face; toothache and inflamed gums (in association with Calcarea phosphorica)
- Inflammation of the throat, red inflamed tonsils, laryngitis, pharyngitis, coughing fits or convulsive cough
- Gastritis, diarrhea with discharge of blood
- Nephritis, enuresis, metrorrhagia
- Difficulty absorbing iron in pregnancy

SYMPTOMS

- Loss of muscle tension leading to relaxation of the vascular muscles causing venous insufficiency and thus, phlebitis and periphlebitis
- Disorders of the intestinal peristaltic movement causing chronic constipation; diarrhea from a relaxed state of intestinal villi, not absorbing the usual amount of liquid
- Anemic, pale face; the slightest effort or emotion causes a flushing heat; blue sclera; symptoms aggravated by warmth and motion, relieved by cold

KALIUM MURIATICUM

(KCl = Potassium chloride)

Schüssler Salt 6X Potency



INGREDIENTS

Each tablet contains Kalium muriaticum 6X

DESCRIPTION

Kalium muriaticum is found throughout the human body: muscles, nerve cells, and blood. Kalium muriaticum is an antiseptic and anti-infectious remedy, often used in association with another medicine.

INDICATIONS

- Mainly swelling and inflammation of the tongue that is covered with a greyish-white coating; closed Eustachian tubes, laryngitis, pharyngitis, bronchitis, pleurisy (dry and serous)
- Eczematous infections with dry, grey, flower-like scales on the skin
- Skin eruptions with powdery or leaf-like scales (measles, scarlet fever, consequences of smallpox vaccination, conjunctivitis, blepharitis)
- Catarrh of the stomach (with white-greyish exudation), dysentery and diarrhea
- Nephritis, cystitis with thick, white discharge, milky-white leukorrhea

SYMPTOMS

- Fibrinous exudations, swelling of the lymph glands, and inflammation of the serous membranes with fibrinous exudation

KALIUM PHOSPHORICUM

(KH₂PO₄ = Potassium dihydrogen phosphate)

Schüssler Salt 6X Potency



INGREDIENTS

Each tablet contains Kalium phosphoricum 6X

DESCRIPTION

Potassium phosphate is found in nerve cells, the brain, blood and muscles.

INDICATIONS

- All inflammation producing a high fever above 39°C
- Fatigue, after-effects of illness, mental strain and exhaustion, overexertion; vertigo
- Spasms, paralysis
- Weakness of the uterus during delivery
- Skin eruptions, abscesses, discharge of sebaceous pus, follicular inflammation, scarlet fever, measles; nettle rash, eczema, aphtha, furuncles, leukorrhea, dysentery;
- Senescence
- All cases of enervation

SYMPTOMS

- Disturbances arising from want of nerve energy
- Anxiety due to insomnia

KALIUM SULFURICUM

(K₂SO₄ = Potassium sulfate)

Schüssler Salt 6X Potency



INGREDIENTS

Each tablet contains Kalium sulfuricum 6X

DESCRIPTION

Kalium sulfuricum is found in the epidermis, the mucous membranes, blood, spinal marrow, the brain and muscles. Kalium sulfuricum is used in recovery processes. In the case of mental disturbances, it can be replaced by Kalium phosphoricum.

INDICATIONS

- Skin infections (measles, scarlet fever, beginning erysipelas)
- Recovery of the epithelia
- Nasal catarrh, inflammation of the eye, eye irritations, pharyngitis, laryngitis, leukorrhea with abundant discharge
- Neuralgic or rheumatic pain arising after exposure to damp or wet conditions
- Chronic ear infections; minor sore throats
- Third stage of fever

SYMPTOMS

- Excitement (chronic depressive syndromes)
- Yellow deposits on the mucous membranes
- Shifting pains in the back and limbs, worse in a warm room, better in cool, open air
- Flakey skin with yellow crusts
- Yellow, fetid discharge

MAGNESIUM PHOSPHORICUM ($MgHPO_4$ = Magnesium hydrogen phosphate)

Schüssler Salt 6X Potency



INGREDIENTS

Each tablet contains Magnesium phosphoricum 6X

DESCRIPTION

Magnesium phosphoricum is found in the blood, bones, teeth, spine, nerves and brain. This remedy acts best when given in hot water.

INDICATIONS

- Exhaustion and lack of energy reserve in older persons
- Sudden lack of nerve energy
- Spasms in teething children
- Whooping cough, fear, writer's cramp, colic, spasmodic, abdominal pain

SYMPTOMS

- Exhaustion with cramps (menstrual), pain and convulsions
- Pains are shooting, intermittent, always relieved by pressure and warmth, and aggravated by cold or by light touch

NATRIUM MURIATICUM ($NaCl$ = Sodium chloride)

Schüssler Salt 6X Potency



INGREDIENTS

Each tablet contains Natrium muriaticum 6X

DESCRIPTION

Natrium muriaticum is a constituent of every liquid and solid part of the body (intercellular fluid). Natrium muriaticum is a reinforcing and anti-anemic remedy.

INDICATIONS

- All skin infections with watery vesicles; weeping eczema
- Blepharconjunctivitis, cataract, catarrh of the Eustachian tube, coryza with fibrous discharge; rhinopharyngitis with dry cough
- Diarrhea with watery stool on contraction of the rectum; hematuria (pale, pink urine)
- All fevers with thirst and dry tongue; intermittent fever (humid climate); cold symptoms
- Disturbed water balance
- Roaring tinnitus

SYMPTOMS

- Dehydration of the tissues
- Patient loses weight but has a good appetite and is very thirsty
- Upset and ready to shed tears; shows irritability and a weak memory; prefers solitude
- Very sensitive to cold
- Disturbances occur easily after oversupply of salt or acid food
- Any disturbance in the metabolism of Natrium muriaticum causes a disturbance of the biochemical action of the other mineral salts
- At this stage, local oedemas arise, together with symptoms of dehydration (watery vesicles on the skin and dry mouth; local cutaneous swelling)
- Anemic condition due to cell multiplication, halting of the red blood corpuscles

NATRIUM PHOSPHORICUM (Na_2PHO_4 = Sodium phosphate)

Schüssler Salt 6X Potency



INGREDIENTS

Each tablet contains Natrium phosphoricum 6X

DESCRIPTION

Natrium phosphoricum is a constituent of the blood, nerve and brain cells. Through the presence of this salt, lactic acid is decomposed in the muscles into carbonic acid and water. Natrium phosphoricum is a diuretic, an antacid and a remedy against the formation of stones

and catarrh.

In association with Silicea, it acts against a surplus of uric acid.

INDICATIONS

- Coryza, swollen tonsils
- Stomach pain after eating fatty food
- Gallstones, nephritis, catarrh of the bladder
- Inflammation of the breasts

SYMPTOMS

- Acidity, indigestion of the stomach
- Increase of uric acid blood levels
- Arthritis, rheumatism
- Formation of gall bladder and kidney stones
- Susceptibility to complications from exposure to cold
- Susceptibility to perspiration of the feet and armpits

NATRIUM SULFURICUM

(Na_2SO_4) = Sodium sulfate)

Schüssler Salt 6X Potency



INGREDIENTS

Each tablet contains Natrium sulfuricum 6X

DESCRIPTION

This biochemical salt is found in intercellular fluids, where it regulates the excretion of superfluous water (cellulitis). Natrium muriaticum attracts water to regulate the degree of moisture within the cells. Natrium sulfuricum attracts the

water arising from the metabolism of organic substances and ensures its elimination from the organism, along with toxins. This remedy acts mainly on the urinary organs, the bile function, and on the digestion. It stimulates the excretion of superfluous water by way of the kidneys and the skin. Natrium sulfuricum stimulates excretion and is therefore an important anti-toxicant.

INDICATIONS

- Inflammations of the skin: its action is similar to that of Calcarea phosphorica and Kalium muriaticum, although secretions will be yellowish-brown, green-yellow discharge
- Vomiting of bile (jaundice), bilious diarrhea, flatulent colic
- Diabetes, intermittent fever (cfr. Natrium muriaticum), erysipelas (cfr. Magnesia phosphorica), retention of urine, bed-wetting
- Hyperlactation (cfr. Calcarea phosphorica); suppression of the secretion of breast milk
- Edematous, apathetic, melancholic patients whose symptoms are aggravated by damp weather
- People with a lack of appetite, who have a preference for cold water and have a bitter taste in their mouth
- Watery diarrhea when getting up in the morning

SYMPTOMS

- Water retention (uric acid retention, engorgement of the liver)
- Worse in wet weather and better in warm and dry weather

SILICEA

(SiO_2 = Silica)

Tissue Salt 6X Potency

Schüssler Salt 12X Potency



INGREDIENTS

Each tablet contains Silicea 6X or 12X

DESCRIPTION

This is not a salt in the strict sense. Carbonization of living tissue also leaves silicium, and therefore it is included by Dr. Schuessler in his series of mineral salts. Silicea is found in connective tissues, bones, hair, teeth, nails, nerve cells, pancreas and heart. Silicea stimulates

the elimination of pus and the absorption of indurations in the connective tissues. Silicea is an important tuberculinic remedy in homeopathic Medicine. Silicea is mostly used in association with other biochemical salts.

INDICATIONS

- Rachitis due to inadequate nutrition or deficient assimilation; caries of bone, abnormalities of the vertebral column; inflammation of the bone marrow and of the periosteum; ulceration of bone. (cfr. Calcarea phosphorica); exostosis (cfr. Calcarea fluorica)
- Chronic suppurations, fistulas
- Nails crippled and brittle, with white spots
- Inflammation of the mucous membranes with a discharge of a transparent, milky fluid (coryza with ulceration of the pharynx)
- Otitis with fetid discharge; caries of the mastoid cells
- Ulcers of the cornea with tendency to perforate and pus formation in the anterior eye chamber; hordeola (i.e. styes)
- Abscesses with fistulous openings and fistulas
- Melancholic patients, easily fatigued by mental effort; exhaustion
- Paralysis of the sphincter of the bladder
- Adrenal atrophy
- Anti-fungal

SYMPTOMS

- Chronic ailments, attended by pus formations, acne
- Susceptibility to abscesses, fistulous ulcers, and fetid perspiration

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