

Dr. Schüssler's salts are vital mineral salts for regulatory therapy, restore the cells' ability to regulate chemical processes, harmonizing cellular metabolism and capable of naturally and safely restoring and maintaining human health.

Dr. Schüsler's salts are the basic instruments of regulatory therapy designed to help the body regulate its internal biochemical processes.

In accordance with the principles of holistic approach, Dr. Schüsler's mineral salts restore and maintain the health and well-being of a person, instead of just eliminating the symptoms of the disease.

Dr. Schussler's salts are absorbed into the cells, harmonize and regulate chemical processes, restoring the ability of the human body to independently maintain the mineral balance and normal functioning.

Dr. Schüssler founded his therapy on 12 mineral salts, which he called "functional substances", because they perform basic functions in our body and are suitable for eliminating a variety of functional disorders.

The therapeutic effects of Dr. Schüssler's mineral salts are diverse. They help to reorganize or eliminate the imbalance of the corresponding minerals in the cells – they stimulate self-healing of the body in a gentle and safe way – without any side effects.

Dr. Schüssler determined that, for successful treatment, minerals must directly enter diseased cells. For this purpose, its medicines are manufactured according to the principle of homeopathic remedies. Dr. Schüssler identified 12 different mineral salts based on analysis of the prevailing mineral composition of human organs. Each of the 12 salts corresponds to a specific effect on a particular organ or system.

The method of treatment with mineral salts, invented by German physician Heinrich Schüssler and named by him "regulatory therapy", is a completely new approach, a natural and careful way of prevention and treatment of diseases.

12 of the mineral salts of Dr. Schüssler regulate the metabolic processes in every cell of our body, restore the most important of its functions, strengthen the defenses of the body and accelerate recovery.

No.1 Calcium fluoratum D12 (calcium fluoride) – salt, which is contained in the cells of the outer layer of skin (epidermis), in elastic tissues such as ligaments and joints, in the tooth enamel and periosteum. Calcium fluoratum increases the elasticity of the connective tissues, ligaments, and tendons, thanks to this quality it is used for accelerated recovery from sprains, bruises, abartulations, treatment of stretch marks in pregnant women, scars after operations and traumas, the tendency to decay, as well as maintenance treatment for varicose vein disease.

No. 2 Calcium phosphoricum D6 (calcium phosphate) – salt of the bones and teeth, as phosphorus and calcium form the basis of solid bone. Calcium phosphoricum helps to normalize calcium and phosphorus metabolism, bone growth in children, provides mineralization of bones and teeth, accelerates healing in fractures, it helps in case of tendency to bleeding. Calcium phosphoricum is used as a maintenance treatment during fractures, arthritis, arthrosis, osteochondrosis, osteoporosis, in case of delayed or too quick growth, diseases of the skeletal system, the tendency to decay.

No.3 Ferrum phosphoricum D12 (iron phosphate) – salt traditionally used in the first stage of inflammation – accidentals (tissue damage in which there is a variety of changes in cellular and extracellular components in the place of action of damaging factor), which is characterized by such symptoms as fever, headache, joint and muscle pain, weakness, aches all over the body. Ferrum phosphoricum promotes the absorption of oxygen by cells, improves blood circulation, increases the intracellular concentration of iron, stimulates metabolic processes, increases the activity of immune cells (macrophages and granulocytes), has a detoxifying effect, accelerates regeneration and affects the body thermoregulation. Because of these properties, Ferrum phosphoricum is recommended as a maintenance treatment in the initial stage of all types of inflammation, including at the first symptoms of a cold (chills, body aches, sore joints and muscles, sore throat, fever, etc.) , in case of fevers, fresh wounds, cuts, abrasions and burns of the 1st degree (for example, solar).

No.4 Kalium chloratum D6 (potassium chloride) is traditionally used in the second stage of inflammation – exudation (yield of liquid part of blood through the vascular wall into the inflamed tissue), which is characterized by local symptoms of lesions of the mucous membranes with profuse discharges: runny nose, watery eyes, coughing, etc. Kalium chloratum dilutes dense discharges (during cough, runny nose), prevents the development of inflammatory changes, fibrosis, dissolves fibrosing films, prevents the transition of serous fluid in fibrotic, reduces the possibility of a sharp transition in chronic catarrh, prevents erosive and ulcerative lesions of the mucous membranes and regulates blood clotting in case of the propensity to thrombophlebitis. Thanks to these properties, Kalium chloratum is used in case of inflammation of the mucous membranes of gastrointestinal, urogenital and respiratory systems (e.g., colitis, gastritis, cystitis, urethritis, bronchitis, rhinitis, sinusitis, etc.), conjunctiva, and thrombophlebitis.

No.5 Kalium phosphoricum D6 (potassium phosphate) – salt of the central and peripheral nervous system. It helps to balance the psycho-emotional state, stabilizes the nervous system and improves concentration and memory. Kalium phosphoricum is used for the treatment of general malaise after acute illness, mental, emotional or physical fatigue and exhaustion, impaired concentration, memory, hyperactivity in children, insomnia (e.g., because of unrest during the study, due to business problems, due to excessive mental activity), as well as a maintenance treatment of anxiety and depression.

No. 6 Kalium sulphuricum D6 (potassium sulphate) is traditionally used at the third stage of inflammation – proliferation (cell division and formation of extracellular matrix to restore damaged tissues) as well as in chronic inflammation. Kalium sulphuricum activates regeneration processes of inflamed mucous membranes, promotes the formation of new epithelium and reduces the severity of chronic inflammation of the mucous membranes and skin. Because of these properties, Kalium sulphuricum is used for the treatment of chronic inflammation of the mucous (bronchitis, sinusitis, tonsillitis, gastritis, colitis, etc.), chronic skin diseases (eczema, atopic dermatitis, dermatitis, acne, boils, etc.), for the rapid healing of wounds with slow granulation (including trophic ulcers), and start of the process of recovery from inflammation of the mucous membranes of the mouth, nose, and eyes.

No.7 Magnesium phosphoricum D6 (magnesium phosphate) – salt of muscle and nerve tissues. Magnesium phosphoricum regulates the transmission of nerve impulses and the contraction of smooth and striated muscle prevents excessive muscle contraction, eliminates spasms and cramping. Because of these properties, Magnesium phosphoricum is used to treat seizures, muscle spasms and pain, such as painful cramps of gastrointestinal tract, in case of twitches of the facial muscles and eyelids, in case of "colic" in infants, painful menstruation, uterine tonic, the threat of termination of pregnancy, myalgia in neck and shoulder, and others.

No.8 Natrium chloratum D6 (sodium chloride) – salt of water balance. Natrium chloratum regulates water balance, helps to eliminate swelling and eliminates the effects of dehydration. Because of these properties, Natrium chloratum is indicated for people who have impaired water balance in the body that can be manifested by: dry mouth with concomitant severe thirst, dry lips that crack (more cracks are formed in the middle of the lower lip), edema of different origin, increased sweating. Natrium chloratum is used for gastro-intestinal disorders, such as diarrhea or constipation, nausea or vomiting.

No.9 Natrium phosphoricum D6 (sodium phosphate) – salt of acid-base balance. Mineral salt of Natrium phosphoricum regulates the acid-base balance in the body, supports the body's metabolism, is involved in the metabolism (synthesis, cleavage and transformation of substances), is effective at high acidity, helps to emulsify fatty acids and prevents the formation and deposition of uric acid crystals. Because of these properties, Natrium phosphoricum is recommended for digestive complaints, such as dyspepsia, flatulence, regurgitation, which are often associated with the use of fatty foods, for treatment of acid reflux, obesity. Natrium phosphoricum helps babies with colic and vomiting curdled milk after breastfeeding, as well as those who are very sensitive to cow's milk and children with acid-smelling diarrhea. Natrium phosphoricum is recommended for oily skin, acnes, blackheads, whitehead (fatty growth)

No.10 Natrium sulphuricum D6 (sodium sulfate) – salt of removal processes. Natrium sulphuricum helps to eliminate excess fluid and toxins from the body, stimulates the production of bile, supports detoxification function of the liver, stimulates digestion and helps to keep minerals in the blood in a soluble form. Because of these properties, Natrium sulphuricum is used in conditions requiring detoxification and/or excretion of excess fluid: chronic gastritis, colitis, enlarged liver, jaundice, hepatitis of various origins, non-alcoholic fatty liver disease, cirrhosis, cholecystitis, biliary dyskinesia, poisoning, edema, inflammatory respiratory diseases, asthma, skin diseases, inflammation of the genital organs, to eliminate the headaches in case of head injury.

No.11 Silicea D12(silicon) – salt for the beauty of hair, nails and skin. Being one of the components of the connective tissue, Silicea is indispensable for the organism, because it supports the elasticity and firmness of the skin, hair and nail strength, slows skin aging and wrinkles formation, promotes the resorption of various skin tightening, scar formation, connective tissue adhesions of internal organs. Due to these properties, Silicea is used for brittle hair and nails, hair loss and nail growth disorders, in case of onychomycosis, eczema, to strengthen the skin and connective tissue by increasing their elasticity. Also, Silicea is used as a resolving means of various leather seals and scar formation in the presence of connective adhesions of internal organs.

No.12 Calcium sulphuricum D6 (calcium sulphate) – salt of purification processes. Calcium sulphuricum promotes cleansing processes in the body, accelerates recovery from purulent processes. Because of these properties, Calcium sulphuricum is used in case of abscesses, boils, papules, pustules, acnes, infected wounds with yellow infected fluid and other purulent processes. In addition, Calcium sulphuricum is recommended for the treatment of cough, runny nose, pain in the ears, throat, eye infections, which occur with thick yellow discharges (purulent or chronic bronchitis, otitis, tonsillitis, sinusitis, etc.).

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Product Brochure For Salts

The 12 Schüssler Tissue Salts, Their Primary Functions, and Many Benefits

NEW

► Dr. Schüssler Salze

German Company





Actomins® Salts Nr. 1

Calcium Fluoratum Decimal 12 -
Food Supplement Containing Fluoride

Ingredients: Calcium fluoride, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 6 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	*NRV %	Article-No.
Floride	3.48 mg	99.43%	17.7271.400

*NRV: Nutrition Reference Value



Actomins® Salts Nr. 2

Calcium Phosphoricum Decimal 6 -
Food Supplement Containing Calcium and Phosphorus

Ingredients: Calcium phosphate, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 6 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	*NRV %	Article-No.
Calcium	407.76 mg	50.97 %	17.7201.400
Phosphorus	315.00 mg	45 %	

*NRV: Nutrition Reference Value



Actomins® Salts Nr. 3

Ferrum Phosphoricum Decimal 12 -
Food Supplement Containing Ferrum

Ingredients: Ferric Phosphate, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 1 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	*NRV %	Article-No.
Ferrum	9.16 mg	65.4 %	17.7211.400

*NRV: Nutrition Reference Value



Actomins® Salts Nr. 7

Magnesium Phosphoricum Decimal 6 -
Food Supplement Containing Phosphor and Magnesium

Ingredients: Magnesium Phosphate, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 6 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	*NRV %	Article-No.
Phosphorus	335.88 mg	47.98 %	17.7301.400
Magnesium	375 mg	100 %	

*NRV: Nutrition Reference Value



Actomins® Salts Nr. 8

Natrium Chloratum Decimal 6 -
Food Supplement Containing Sodium

Ingredients: Sodium Chloride, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 6 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	Article-No.
Sodium	84.0 mg	17.7241.400



Actomins® Salts Nr. 9

Natrium Phosphoricum Decimal 6 -
Food Supplement Containing Sodium

Ingredients: Sodium Phosphate, Calcium fluoride, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 2 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	Article-No.
Natrium	140 mg	17.7311.400



Actomins® Salts Nr. 4

Kalium Chloratum Decimal 6 -
Food Supplement Containing Potassium and Chlorine

Ingredients: Potassium chloride, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 3 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	*NRV %	Article-No.
Potassium	315 mg	15.8 %	17.7231.400
Chloride	286.26 mg	35.78 %	

*NRV: Nutrition Reference Value



Actomins® Salts Nr. 5

Kalium Phosphoricum Decimal 6 -
Food Supplement Containing Phosphor

Ingredients: Potassium Phosphate, Calcium fluoride, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 5 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	*NRV %	Article-No.
Phosphorus	631.5 mg	90.21 %	17.7281.400

*NRV: Nutrition Reference Value



Actomins® Salts Nr. 6

Kalium Sulphuricum Decimal 6 -
Food Supplement Containing Kalium

Ingredients: Potassium Sulphate, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 6 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	*NRV %	Article-No.
Kalium	648 mg	32.4 %	17.7291.400

*NRV: Nutrition Reference Value



Actomins® Salts Nr. 10

Natrium Sulfuricum Decimal 6 -
Food Supplement Containing Sodium

Ingredients: Sodium sulfate, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 6 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	Article-No.
Sodium	485.52 mg	17.7321.400



Actomins® Salts Nr. 11

Silicea Decimal 12 - Food Supplement
Containing Silicon

Ingredients: Silicon dioxide, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 6 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	Article-No.
Silicea	504 mg	17.7251.400



Actomins® Salts Nr. 12

Calcium Sulfuricum Decimal 12 -
Food Supplement Containing Calcium

Ingredients: Calcium sulfate, Potato starch, Anti-caking agent: Sodium, potassium and calcium salts of fatty acids.

Usage: For adults, consume 1 tablet 6 times a day with a glass (200 ml) of water.

Active Ingredient	Daily Intake Dose For (6 Tablets)	*NRV %	Article-No.
Calcium	402.0 mg	50.25%	17.7331.400

*NRV: Nutrition Reference Value