

An Introduction to Homeopathy vs. Supplements

Learn how homeopathic remedies can complement your treatment plans.



Dietary Supplements

Dietary supplements are a special class of foods. They provide macro doses of vitamins, minerals, amino acids, or other dietary ingredients – often through encapsulated powders.

- ① Supplements support healthy function by supplementing the diet and addressing deficiencies.
- ② Introduce phytochemicals, enzymes, or other substances that support healthy function by changing the body's biochemistry. But their benefits typically end when supplementation stops – unless the underlying issue is addressed.

Sometimes include glandulars to provide naturally-occurring cofactors and support a healthy organ or body system.

- ③ Even the highest quality encapsulated products sometimes contain excipients to ensure ingredient uniformity and dose consistency.
- ④ Can interact with other medications and cause side effects, so choosing the right product requires care, expertise, and knowledge of the ingredients.



Homeopathic Remedies

Homeopathic remedies are technically a special class of over-the-counter drugs. They supply micro doses of natural or even human-made substances designed to address symptoms.

- ① Homeopathics are not purely energetic; they include ingredients at low concentrations that are measurable and known to impact the body.
- ② Homeopathic remedies work differently, gently introducing substances designed to recruit the body's natural, healthy responses. Specifically:

Remedies with **YELLOW** labels are analogous to sublingual immunotherapy; they include low concentrations of the substances causing the patient's symptoms, like allergens or toxins.

Remedies with **RED** labels similarly recruit the body's natural mechanisms by introducing low concentrations of herbs or other substances which, at larger doses, would cause symptoms similar to those experienced by the patient.

Remedies with **BLUE** labels provide microdoses of glandulars, tissues, or other substances designed to address symptoms by subtly targeting a specific organ or body system.

- ③ Professional Formulas' homeopathic remedies are always liquids, so they minimize inactive ingredients and are digested/absorbed differently than capsules or tablets.
- ④ Can be taken safely with other supplements or medications. Products can usually be selected by their name, which provides information about the symptoms they address.

► Have questions or need help finding the right supplement or homeopathic remedy for your patient?
Call or Text us at **503.479.3150** or Chat with our Practitioner Support Team at **professionalformulas.com**.