

## Alcohol Used in Liquid Remedies

Naturo Pharm liquid remedies contain alcohol, as is the standard practice for these types of remedies. This is stated on the packaging of our liquid remedies. Everybody who uses these and other natural liquid remedies consumes a small amount of alcohol, but the quantity is so small as to be of no consequence and the body can eliminate this alcohol in a matter of minutes. You may find a customer asks you about this, so to help you we have set out below some information, which may assist you in answering their questions.

**What is alcohol?** - Alcohol is produced from sugars by natural fermentation processes and it is therefore a natural product. Alcohol is also intrinsically present in the human body. It occurs naturally in the human body as a by-product of metabolism. Naturo Pharm uses cane based alcohol, which is suitable for vegans.

**Why use alcohol in the manufacture of remedies?** - Alcohol fulfils an important function. It is a natural stabilizer and preservative. Its presence therefore guarantees the storage life of the remedy and assists the mucous membranes in their task of taking up these natural substances both more easily and completely.

**Alcohol in daily life** – Alcohol is present in everyday life and one does not have to drink to consume alcohol but clearly when we are talking about alcohol, everything depends on the amount. It is simply the amount that decides whether alcohol will be a totally harmless and beneficial substance, or if taken in moderation — a useful stimulant, or whether when taken to excess it will become a poison leading to addiction and disease.

One glass of beer (0.33ltr) contains about 10g — 12g\* of alcohol although some types of beer contain considerably more. A slice of brown bread can contain 0.1g to 0.2g\* of alcohol. Even little bottles of apple juice, often given to young children, can contain up to 0.6g\* of alcohol. The level of alcohol in a single dose of a Naturo Pharm liquid remedy is approximately 0.03g of alcohol.

**Alcohol breakdown** – The breakdown of alcohol in the body begins as soon as it is consumed. Adults break down the alcohol contained in a single dose of a medicinal preparation within minutes. With children it takes a little longer, but it is still only a matter of minutes.

So everyone who uses liquid homoeopathic remedies can rest assured that the small amount of alcohol they consume is so minute that the body eliminates it within a matter of minutes.

**Is it safe for children, nursing mothers, pregnant women to use homoeopathic remedies containing alcohol?** - The administration of any medicine containing alcohol to babies and children is safe provided it is therapeutically necessary and properly controlled. As you can see from above, the quantity of alcohol in a single dose of a Naturo Pharm liquid homoeopathic remedy is extremely small and is eliminated by the body very quickly and as such is safe for children, nursing mothers and pregnant women. In fact a Naturo Pharm liquid homoeopathic remedy contains far less alcohol than many ordinary foodstuffs.

If a nursing mother had any residual concern about taking a liquid homoeopathic remedy this could be alleviated by suggesting that she wait for a few minutes after taking the remedy before breastfeeding. In those few minutes her body will have eliminated the alcohol present in the remedy.

There has, to the best of our knowledge, never been any recorded case of any harm coming to a baby when homoeopathic remedies have been used in accordance with their directions for use during pregnancy or breastfeeding.

**People at risk** - There are people for whom the use of alcohol, even in the minutest quantity, must be totally avoided. To safeguard people with alcohol-related diseases, disorders of liver function, epilepsy and other high risk conditions, you can advise them to use homoeopathic remedies in tablet form and this will be safe unless they also have a lactose intolerance.

\* The Pharmaceutical Plant Co. Pty Ltd  
Herbal Extracts Autumn 2002.