

**Novus CV-2 30C, Novus CV-4 30C (Delta), Novus CV-5 30C (Omicron)  
and Influenzinum 9C or 30C**

If you are under constitutional care with a homeopath check with them first before taking any of these remedies. Do not take any 2, 3 or 4 of these remedies at the same time.

**If you have had any of the viruses** (whether you have not been tested and/or have tested negative or positive) then you may experience a healing response after you take one of these remedies the first time. If you experience a healing response of any kind after taking one let me (or your homeopath) know and do not repeat the remedy routinely.

**Repeating the remedies.** You can repeat your chosen (2-4) remedies once a month on a schedule rotating them so you aren't taking the exact same remedy every month.

- **Novus CV-2 30C (US):** Once every 2-4 months during an epidemic...just one dose each time.
- **Influenzinum 9 or 30C:** Once every 2-4 months during an epidemic...just one dose each time.
- **Novus CV-4 30C (Delta):** Once every 2-4 months during an epidemic...just one dose each time.
- **Novus CV-5 30C (Omicron):** Once every 2-4 months during an epidemic...just one dose each time.

**What is a dose?**

- One dose = 3 pilules or one squirt
- Tip the pilules or squirt under the tongue and let it stay there for a few seconds before sucking/chewing/swallowing.
- Take on a clean mouth (no food/drink 5-10 minutes before/after).

**\*\*\* Make a note of the date you take it so you know when to repeat it! \*\*\***

**If you are in contact with someone** you later find out was infectious then take a single repeat dose (of the relevant remedy). If you are in a high risk situation (crowds indoors etc.) then take a single repeat dose.

**If you get sick** with what you think maybe be one of the viruses you should test for it and then take a dose of the appropriate remedy and ... be sure to let your homeopathic practitioner know the day you do so.

**If you contract this virus** you may need acute remedies at each stage of the illness, it's good to get in touch with your homeopath **before** you need to. The earlier the better.

**If you do not have a homeopath** or if your homeopath is unavailable please be sure to get in touch with Homeopathy Help Now who have a team of experienced practitioners standing by to help you.

[www.homeopathyhelpnow.com](http://www.homeopathyhelpnow.com)