



## MIRANDA CASTRO'S HEALING CELL SALTS COMBINATION FOR BONES, HAIR, NAILS & TEETH



|                                | Pillules (pellets)              | Liquid (drops)               |
|--------------------------------|---------------------------------|------------------------------|
| Approx. number per bottle      | 500 pillules                    | 1,180 drops                  |
| Single dose: adults & ages 12+ | 3–4 pillules                    | 5–10 drops                   |
| Single dose: children under 12 | 1–2 pillules (½ the adult dose) | 2–5 drops (½ the adult dose) |

|                             |                          |                          |
|-----------------------------|--------------------------|--------------------------|
| If taken once daily:        | 60–80 per 20-day month   | 100–200 per 20-day month |
| A bottle last approximately | 6–8 months               | 6–12 months              |
| If taken twice daily:       | 120–160 per 20-day month | 200–400 per 20-day month |
| A bottle last approximately | 3–4 months               | 3–6 months               |

*Calculations are approximate and assume 20 days of use each month.*

| Dosage Suggestions |                                                                       |
|--------------------|-----------------------------------------------------------------------|
| Once daily         | For mild concerns that aren't so bothersome, like weak hair or nails. |
| Twice daily        | For more bothersome concerns, such as growing pains or weak teeth.    |
| Three times daily  | For more significant or persistent concerns.                          |
| Four times daily   | For short-term, acute situations requiring more frequent use.         |

*The cell salts (including this combination) are designed to enhance your body's ability to absorb the minerals it needs from your food/drink so taking the exact number of pillules/drops is not essential..*

*How often you take them is more important than taking an exact number of pillules or drops each time.*

## ADDITIONAL NOTES

| Pillules (pellets)                                                                     | Liquid (drops)                                                                          |
|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Use the lid to tip to and fro until you have the right number of pillules in the lid.  | Use the dropper to measure out the desired number of drops.                             |
| Tip the pellets under the tongue or ...                                                | Measure the drops under the tongue or ...                                               |
| Dissolve in 1-2 tablespoons of water first. Especially for infants, children and pets. | Add drops to 1-2 tablespoons of water first. Especially for infants, children and pets. |

If possible, hold the liquid/ pellets in the mouth for a few seconds before swallowing.

- Take 5–10 minutes before or after food/drinks other than water, and brushing your teeth.
- Take regular breaks: two days each week or one week each month to be safe, and to give your body a chance to catch up!
- Take less frequently as symptoms improve, and use your symptoms as a guide for repeating as needed.
- If using more than one combination, alternate them rather than taking them at the same time. They can be alternated on the same day (2-4 hours apart) or on separate days.
- Don't touch the lid with mouth, lips or tongue
- Don't put back any pillules that fall out or that you have touched.

*Always consult a health care professional if pregnant, or for symptoms that are recurring (chronic).*



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