



What do the Potencies Mean?

The strength of a remedy is denoted by a number and a letter, the higher the number, the higher the strength. Higher strength isn't always better, the high strength could overshoot the problem. Our advice is to start low and go higher as necessary.

In the listing, you will see a various combination of numbers and letters. A common example would be 30X. The number indicates the number of times (30 in our example) a product is further diluted and succeeded (vigorously pounded). In the lower levels there is crude material in the product. The letter 'X' in this example is the method of dilution. X means 1 part crude (remedy) to 9 parts dilutant which is a 1:10 ratio.

Note: European notation may be reversed between succussions and scale. For example, 6X (USA) is equivalent to D6 (European). See the chart below for additional scales and notations.

Dilution Rate	Scale	Common Notations
1:10	decimal	X, D, DH
1:100	centesimal	C, CH, CK*
1:1,000	millesimal	M
1:50,000	quintamillesimal	LM, Q
1:100,000	100 millesimal	CM

**K denotes Korsakovian Method and H denotes Hahnemann method. Hahnemann method requires a new vial at each succession step whereas Korsakovian does not.*