Lycopus (Homeopathic)

**Recommended Use:**
- Thyroid dysfunction
- Hyperthyroidism
- Hypothyroidism
- Grave’s disease
- Goitre

Lycopus contains botanicals and nutrients (Mag. phos., Calc. phos.) that assist in modifying and supporting thyroid activity. In addition to thyroid function, Lycopus addresses a wide range of symptoms secondary to thyroid dysfunction including sleeplessness, feelings of fear, shakiness, perspiration, tachycardia, circulation disturbances, feeling of a lump in the throat and ‘nervous’ gastrointestinal issues. Lycopus regulates the sympathetic trunk by increasing the vagal tone.

**Recommended Dosage:**

Adults: Take 5 drops in water three times daily.* When improvement shows, take 1 drop daily or to be used on the advice of a health care practitioner.

Children could receive half or less of the adult dosage or to be used on the advice of a health care practitioner.

*Lycopus regulates thyroid function and dosage can be customized for each patient. In cases of hyperactive thyroid (low dosage) take five to eight drops three times daily. In cases of hypoactive thyroid (higher dosage) take 15 to 25 drops three times daily. The customized individual dosage can be determined by increasing the dosage by one drop daily until the patient has a sensation like an increase heart rate, then reduce that amount by two drops and this becomes the new daily dosage.

**Cautions/Warnings:**
Consult a health care practitioner if symptoms persist or worsen.

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**Medicinal Ingredients:**

*Each 100 ml contains:

**Key Ingredient:**
- Lycopus virginicus D1 .................................................. 12.9 ml

**Accompanying ingredients:**
- Calcarea phosphorica D8 .......................................... 16.8 ml
- Chininum arsenicosum D6 ........................................... 13.2 ml
- Lophophytum leandri D6 ............................................... 13.2 ml
- Magnesia phosphorica D8 .......................................... 16.8 ml
- Spongia tosta D1 ......................................................... 1.1 ml

**Non-Medicinal Ingredients:** Ethanol

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**Clinical Pearls:**

For anxiety and restlessness caused by thyroid conditions, combine 5 to 10 drops of Lycopus with 30 drops of Avena Sativa in water and take three to four times daily

Refer to endocrine support and female conditions protocols for more details.

**Ingredients:**
- Calcarea phosphorica
- Chininum arsenicosum
- Lophophytum leandri
- Lycopus virginicus
- Magnesia phosphorica
- Spongia tosta

**Uses:**
- Forgetful, peevish.
- Fatigue, sleeplessness due to nervous causes.
- Hot flashes, tightness in the throat.
- Palpitation from nervous irritation, weak pulse.
- Vertigo, nervous spasmodic palpitations.
- Basedow’s disease, dull dizzy feeling in the head.