

Overview of the Schuessler Salts

	Card number
No. 1 Calcium fluoride D 12	Protection and elasticity 3
No. 2 Calcium phosphate D 6	Growth and regeneration 4
No. 3 Iron phosphate D 12	Immune system and metabolism 5
No. 4 Potassium chloride D 6	Mucous membranes and glands 6
No. 5 Potassium phosphate D 6	Energy and strong nerves 7
No. 6 Potassium sulfate D 6	Deep cleansing and healing 8
No. 7 Magnesium phosphate D 6	Relaxation 9
No. 8 Sodium chloride D 6	Tissue growth and elimination 10
No. 9 Sodium phosphate D 6	Basic balance 11
No. 10 Sodium sulfate D 6	Excretion 12
No. 11 Silica D 12	Beauty elixir 13
No. 12 Calcium sulfate D 6	Permeability 14
Dosage and use	15