

Schüssler Express

#146



TIME FOR SELF CARE

That feels so Good!

Our lives present us with new challenges every day. This makes it all the more important to provide targeted support for both body and mind. How can you do this? With tried-and-true Schüssler salts!

To stay flexible and pain-free, you should pay special attention to your fascia, as it plays a crucial role in back health.

Energy for Everyday Life

Coping with the demands of daily life—both at work and at home—as well as with our own expectations takes a lot of strength and energy. To rise to these challenges, a little support can be helpful.

One option is the proven combination of three selected Schuessler salts:

- **No. 2 Calcium phosphate 6X** – the salt of bones and teeth
- **No. 5 Potassium phosphate 6X** – the salt of nerves and the psyche
- **No. 7 Magnesium phosphate 6X** – the salt of nerves and muscles

This combination supports the body in absorbing essential minerals and can thus optimize the body's ability to utilize minerals.

No. 2 Calcium phosphate 6X is found in every cell of the body and is a major component of bones and teeth.

No. 5 Potassium phosphate 6X is found in the brain, nerves, muscles, and blood cells, as well as in the spleen.

No. 7 Magnesium phosphate 6X is found in blood cells, muscles, the brain, the spinal cord, nerves, the heart, glands, bones, and teeth.

Managing the demands of work, personal life, or sports takes a lot of strength and energy. The combination of Schüssler salts No. 2, No. 5, and No. 7 benefits anyone who faces stress in their daily life or during their free time. It helps the body absorb essential minerals, thereby improving and optimizing the body's ability to utilize minerals. Using this combination as part of a course of treatment can help maintain and improve health, well-being, and physical performance.



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Dosage/Recommended Use

Recommended intake: 2-3 tablets in the morning (No. 2 Calcium phosphate 6X), 2-3 tablets at noon (No. 5 Kalium phosphate 6X), and 6 tablets in the evening as the "Hot 7" (No. 7 Magnesium phosphate 6X). The individual salts should either be allowed to dissolve slowly in the mouth or taken dissolved in water, holding the liquid in the mouth for a moment. Since the minerals are absorbed through the oral mucosa, the mouth should be free of food and drink. "Hot 7": Place the tablets in a cup and pour 0.2 litres of boiled, hot water over them. Once the tablets have dissolved, the "Hot 7" is drunk slowly in small sips.

A course of treatment lasting 6 to 8 weeks can help maintain and improve health, well-being, and physical performance.

Pflüger Schüssler-Salts come in various dosage forms: tablets, drops, globules, and creams – the broadest, completely gluten-free range available from a single source. This allows for a high degree of customization and makes it easy to avoid any potential intolerances. The tablets are gluten-free, easy to take, and perfect for on the go. The drops are gluten-free and suitable for those with lactose intolerance. Drops No. 4, 5, 6, 8, 9, 10, 12, and 27 are vegan. The globules are gluten- and alcohol-free and suitable for those with lactose intolerance. They are particularly suitable for age-appropriate use in children. Creams for external use are a useful complement to internal use. The mineral molecules in the biochemical creams are absorbed directly through the skin and thus act locally. The creams are free of fragrances, phenoxyethanol, and microplastics.

Pflüger GmbH

THE QUESTION OF "FLUORIDE"

The "fluoride" used in the minerals of Schuessler is actually **Fluorspar** – and is part of the natural elements of the earth in the form of Rock Crystals which are used to produce the negative ION.

Fluorspar - "Fluorite" (the commercial name for the mineral is *fluorite*, is the world's primary source of fluorine. Classified as a **critical mineral** and, is a mineral belonging to the halide class, with the chemical formula CaF_2 (**calcium fluoride**).

It is pharmaceutically, the negative ION in the mineral Calcium Fluoride and is in such molecular amount to have only positive effects on the body.

One should consider that, while fluoride does not naturally form pure "calcium fluoride" directly in food, it binds with calcium and other minerals. You can get natural dietary fluoride from the following common foods:

- **Brewed Teas & Coffee:** Tea plants absorb fluoride from the soil naturally, making black and green tea some of the highest dietary sources.
- **Seafood:** Fish, shrimp, and crab naturally accumulate fluoride from seawater.
- **Grapes & Raisins:** Grapes and dried fruits naturally contain the mineral.
- **Vegetables:** Spinach and potatoes (especially russet skins) are great natural sources.

The types of fruit that contain fluoride are tremendously varied and seemingly endless. **Apples, strawberries, bananas, peaches, watermelon, and cherries** are all on the list. It's best to eat fresh fruit to

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enjoy the maximum benefits of the minerals and other nutrients they offer.

There are many “Influencers” who base their claims on misinformation. The fact is that fluoride is a natural element that is used universally – found in our diets, as we require the element to exist.

The point of conjecture is that water is fluoridated in many countries, but the issue mainly is that the amount used is not always controlled and as such may have a negative effect on humans.

Scientific Facts are often misconstrued and as a result the information is incorrect.

PS would you believe that most of the Mineral waters on the market contain Fluoride. If they come from natural springs, then they may well have Fluoride from the natural source.

*Alex Sutton
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The Clinical Science of Biochemic Therapy Dr W.H. Schüssler Seminar Schedule 2026

18 th – 21 st June 2026	Ashgrove QLD
13 th – 16 th August 2026	Warragul VIC
17 th – 20 th September 2026	Applecross WA

Fee: A\$900.00 - Early Bird Special A\$810

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Potato Starch

Potato starch acts as a natural, multifunctional excipient in tablets, primarily serving as **disintegrant**, filler and binder. Due to its high-water absorption capabilities, it ensures tablets break down quickly in the oral cavity for effective treatment release. It is commonly used in dissolvable and swallowable tablets, hard capsules and granules.

- **Disintegrant:** promotes rapid tablet breakup for faster content release
- **Binder:** Enhances tablet cohesion and strength, especially when used in combination with other excipients or after processing (e.g. pre-gelatinized)
- **Filler/Diluent:** Adds volume to tablets to ensure consistent dosage
- **Applications:** Commonly used in pharmaceutical and nutraceutical dosages, including capsules and pellets
- **Advantages:** It is natural, biocompatible, non-toxic, and GLUTEN FREE

And for interest...

It acts as a source of food for good bacteria in the large bowel, fueling their growth and activity. The bacterium in the large intestine breaks down this starch, fermenting it, to produce products that help support a healthy digestive system and to protect the gut. Butyrate, a small chain of fatty acid is produced.

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