

Homeopathic Dosage Chart

Potency level	Decimal scale (X or D)	Centesimal scale (C)	Quintamillesimal scale (Q or LM)	Potential dosage*	Notes
1	1X	1C	1LM	Typically 1-2 pellets or drops, 1-3 times a day.	Initial dilution of 1 part remedy to 10 (X), 100 (C), or 50,000 (LM) parts diluent.
2	2X	2C	2LM	Typically 1-2 pellets or drops, 1-3 times a day.	Diluted 1 part in 10 (X), 100 (C), or 50,000 (LM) parts diluent, repeated twice.
3	3X	3C	3LM	Typically 1-2 pellets or drops, 1-3 times a day.	Diluted 1 part in 10 (X), 100 (C), or 50,000 (LM) parts diluent, repeated three times.
6	6X	6C	6LM	Typically 1-2 pellets or drops, 1-3 times a day.	Diluted 1 part in 10 (X), 100 (C), or 50,000 (LM) parts diluent, repeated six times.
12	12X	12C	12LM	Typically 1-2 pellets or drops, 1-3 times a day.	Diluted 1 part in 10 (X), 100 (C), or 50,000 (LM) parts diluent, repeated twelve times.
30	30X	30C	30LM	Typically 1-2 pellets or drops, 1-3 times a day.	Diluted 1 part in 10 (X), 100 (C), or 50,000 (LM) parts diluent, repeated thirty times.
60	60X	60C	60LM	Typically 1-2 pellets or drops, 1-3 times a day.	Diluted 1 part in 10 (X), 100 (C), or 50,000 (LM) parts diluent, repeated sixty times.
200	200X	200C	200LM	Typically 1 pellet or drop, once every few days or as directed.	Diluted 1 part in 10 (X), 100 (C), or 50,000 (LM) parts diluent, repeated two hundred times.
1M (1,000X)	1000X	1M	1M (1,000LM)	Typically 1 pellet or drop, once every few days or as directed.	Diluted 1 part in 10 (X), 100 (C), or 50,000 (LM) parts diluent, repeated one thousand times.

- **Decimal scale (X or D):** Each potency is 10 times more diluted than the previous one.
- **Centesimal scale (C):** Each potency is 100 times more diluted than the previous one.
- **Quintamillesimal scale (Q or LM):** Potencies increase in a base-50,000 dilution factor for each step, with a more gradual progression between each potency level.

*The dosage information provided is based on the principle that a lower dose of medication can lead to greater effectiveness which many homeopaths believe (National Center for Complementary and Integrative Health, 2018). However, there are no approved products labeled as homeopathic by the Food and Drug Administration (FDA) and the FDA doesn't evaluate homeopathic products for safety or effectiveness (Center for Drug Evaluation and Research, 2019).

Additional notes

Disclaimer: Homeopathy is considered an alternative form of medicine, and its effectiveness has been questioned by some scientific studies. Healthcare professionals and patients alike should do their due diligence and research before making decisions about their health care. Any information provided should not be considered medical advice and should not replace consultation with a healthcare professional.

References

Center for Drug Evaluation and Research. (2019). *Homeopathic products*. U.S. Food and Drug Administration. <https://www.fda.gov/drugs/information-drug-class/homeopathic-products>

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Sagar, S. (2007). Homeopathy: Does A teaspoon of honey help the medicine go down? *Current Oncology*, 14(4), 126–127. <https://doi.org/10.3747/co.2007.150>