

How quickly will I feel RESCUE® working?

The effects of RESCUE REMEDY®* are unique to each individual and will depend on a number of different factors. Most people find that they feel a difference fairly soon after taking RESCUE REMEDY®...

The original RESCUE REMEDY®* was formulated for emergency use and the effects are usually felt quite quickly. However, the exact speed at which you notice a difference will depend on your own unique situation and can be difficult to predict.

If you are dealing with a long-standing issue, it can take longer to begin to feel the effects of any flower remedy including RESCUE REMEDY®.

Whether you take RESCUE REMEDY® directly or mixed with a drink, this should not make any difference to the speed at which you begin to feel the effects.

If you are feeling overwhelmed by your busy day, take a moment and try some of [our favorite breathing exercises](#). These are a great way to quickly help you feel calmer when the pressure is on.

How much RESCUE REMEDY® can I take?

Each serving of a RESCUE®* homeopathic product contains 4 drops of the original mix of five BACH® ORIGINAL FLOWER REMEDIES* known as RESCUE REMEDY®. Additional doses can be taken as often as required though be sure to read the instructions on the individual product label...

There are a number of products in the RESCUE®* range. Although they are safe and the RESCUE® flower remedies are natural, they should always be taken in accordance with the instructions on the individual product label.

The usage instructions vary from product to product, so you should always read the label to ensure that you are getting the correct dosage of RESCUE®.

RESCUE®* Natural Stress Relief

- [RESCUE REMEDY® DROPPER](#) – Take 4 drops directly on the tongue or 4 drops in water and sip at intervals. Repeat as necessary.

Can I take RESCUE® while pregnant or breastfeeding?

The RESCUE®* range should be safe to use while pregnant or breastfeeding. However, you should always seek your doctor's advice before use...

The RESCUE REMEDY®* formula contains a carefully selected blend of five flower remedies and is prepared according to natural and traditional methods at the Bach Centre in Oxfordshire. While RESCUE REMEDY® should be safe to take even while pregnant or breastfeeding, you should always talk to your doctor before taking any RESCUE® product, especially if you are currently taking any medication.

Some RESCUE® products contain alcohol, which acts as a preservative for the essences. However, there are also a wide variety of alcohol-free products available including RESCUE® PASTILLES and the RESCUE SLEEP® and RESCUE PLUS™ ranges. RESCUE PLUS™** Sleep Gummies do contain Melatonin, so be sure to consult your healthcare practitioner.

Becoming a parent is an exciting time, but can also mean a major change in your lifestyle