

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.
- RESCUE REMEDY® SPRAYS ([RESCUE REMEDY®](#), [RESCUE® ENERGY](#)) – Bring spray nozzle up to mouth and apply 2 sprays onto the tongue. Additional sprays may be taken as needed.
- [RESCUE® PASTILLES](#)¹ – Simply suck/chew one pastille as required. Each pastille contains one dose of RESCUE REMEDY®.
- [RESCUE® PEARLS](#) – Adults and children over 12, place one capsule on tongue and let dissolve. Additional capsules can be taken if needed. Each Pearl contains one dose of RESCUE REMEDY®.

RESCUE SLEEP®* Range

- [RESCUE SLEEP® SPRAY](#) – Bring spray nozzle up to mouth and apply 2 sprays onto the tongue. Additional sprays may be taken as needed.
- [RESCUE SLEEP® LIQUID MELTS](#) – Adults and children over 12 years, place one capsule on tongue and let dissolve prior to retiring. Allow one to dissolve on the tongue before bed. Additional doses can be taken through the night as needed.

RESCUE PLUS®** Dietary Supplements

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

- [RESCUE PLUS® Gum](#) – Adults chew 2 pieces for 30 minutes twice daily.
- [RESCUE PLUS® Lozenge](#)¹ – Dissolve one lozenge as needed.
- [RESCUE PLUS® Sleep Gummy](#) – Adults, chew 2 gummies 30 minutes before bedtime. Not to exceed 4 per day. Chew completely before swallowing.

The full [range of RESCUE® products](#) has been designed to help you stay on top of your hectic lifestyle. Take a moment with your favorite RESCUE® product whenever you feel things are starting to get on top of you, and try some of our favorite relaxation techniques to help you stay calm and collected throughout your busy day.

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.

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. [Here are our best tips to help you to stay calm, maintain a low-stress lifestyle and enjoy spending time with your new family.](#)