

# Uses

Please be aware that federal regulations limit dietary supplements to oral administration, even if structure/function claims may be specific to certain body parts.

**Daily Maintenance\***: Once daily, hold 1 tsp. under tongue for 30 seconds before swallowing.

**Immune Building\***: 3 times daily.

**Long-Term Immune Support\***: 5 times daily.

**Short-Term Immune Support\***: 7 times daily.

**Ear Health\*** — 1-2 droppersful, hold for 3 minutes, 3 times daily.

**Eye Health\*** — Use 1-2 drops, every hour.

**Female Health\*** — Take 3 ounces, hold for 20 minutes, repeat 2 times daily.

**For Healthy Water\*** — 4 tbsp. (2 oz.) per gallon of water.

**Gastrointestinal Health\*** — Take 2 tbsp. (without holding under tongue) on an hourly basis, and on an empty stomach, until balance is restored. Follow with a probiotic at bedtime.

**Intestinal Health Balance\*** — Take 2 tbsp. of silver (without holding under tongue) along with 2 tbsp. of pure aloe liquid, on an empty stomach. Repeat 3 times daily. Follow with a probiotic at bedtime. See next page.

**Mouth and Gum Health\*** — Hold 1-2 tbsp. in mouth for 3 minutes, 4 times daily.

**Nasal Health\*** — 1-2 droppersful, leave for 3 minutes. Repeat 3-4 times daily. Or if using a vertical spray, 3 to 5 sprays, 4 times per day.

**Respiratory Health\*** — See Short-Term Immune Support dosage above.

**Throat Health\*** — Lightly gargle 2 tbsp. in throat for 3 minutes, repeat 4 times daily. If using spray, 15 sprays every hour.

**Urinary Tract Health\*** — Take 1 tbsp. (without holding under tongue) hourly, on an empty stomach, until urinary tract balance is restored.

**When Traveling\*** — Take 1 tsp. before, during and after flying.

\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.