18 WAYS TO USE SILVER NOTES

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| INTERNAL USE | Daily Disinfectant | 1-2 tsp 2-3 a day | For special circumstances serving can be doubled |
|  | Immune Support | 1-2 tsp 1 X Day as needed | Take for 3-5 days or more if needed |
|  | Digestive Support | 1-2 tsp 1 X Day as needed | Take for 3-5 days or more if needed |
|  | Urinary Support | 1-2 tsp 1 X Day | Take as long as needed |

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| ORIFICE USE | Voice Spray | 1-2 Fine Mist/Gel 1-2tsp 1 X Day as needed | Use Spray Bottle 1-4 sprays, up to 10 times daily |
|  | Mouth Wash | 1-2 tsp 2-3 X Day | Gargling for six minutes will maximize effect |
|  | Ear Health | 2-3 drops, 1-2 tsp 2-3 x Day | Keep ear pointed upwards for 10 minutes to allow silver access into ear cavity (make sure ear canal is full) |
|  | Eye Health | 2-3 drops, 1-2 tsp 2-3 x Day | Keep liquid in eyes for up to six minutes for optimal exposure |
|  | Nasal Spray | 1-2 Fine Mist/Gel, 1-2 tsp as needed | Use atomizer sprayer 1-10x daily |
|  | Throat Spray/Gargle | 1-2 tsp as needed | Gargle for six minutes (swallow solution): use every two hours for strep, twice daily thereafter |

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| EXTERNAL USE | Vaginal Wash | 1-2 Fine Mist/Gel, 1-2 tsp 1 x Day | Use gel on external vaginal area; use atomizer to administer liquid in vagina |
|  | Skin, Foot Disinfectant | 2-3 Sprays, 1-2 Fine Mist/Gel, 1-2 tsp as needed | Use up to six times daily; Can soak entire foot daily |
|  | Hand Gel Wash | 1-2 Fine Mist/Gel, 1-2 tsp | Use full strength; works up to 4 hours |
|  | Diaper Rash | 2-3 Sprays, 1-2 Fine Mist/Gel, 1-2 tsp |  |
|  | Face Wash | 1-2 Fine Mist/Gel, 1-2 tsp, 2-3 x Day | Can use daily |

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| HOUSEHOLD USE | Disinfect counters/cutting board | 2-3 Sprays, 1-2 tsp, as needed | Allow 6-10 minutes before wiping excess, or let air dry |
|  | Disinfect bathroom basin, counter, shower/tub | 2-3 Sprays, 1-2 tsp | Spray directly on surface, or thoroughly moisten cleaning cloth and wipe surfaces; allow 6-10 minutes or air dry |
|  | Disinfect toothbrushes | 1-2 tsp, 1 x Day | Allow item to stand in full-strength liquid for 6-10 minutes. No need to rinse. |