A Handy Guide for Ionic Colloidal Silver

Store in a thermos flask or dark glass bottle.

A spray bottle is a handy item.

For household use, tap water can be used to make ionic colloidal silver. Distilled water or de-ionized water should be used for internal and personal use. For personal use, suggest taking breaks and not using for extended periods of time.

Personal care:

- Spray under arms as a deodorant.
- Use for gargling to ease throat.
- Mouth wash
- Clean under nails, in ears and navel with a soaked Q-tip.
- Wipe hearing aids and eyeglass frames.
- Spray contact lenses.
- Eye drops
- Sterilize tooth brushes.
- Soak dentures.
- Add to bath water, douches and colonics.
- Add to dental Water-Pik.
- Soak/spray combs, brushes and loofas.
- Spray bath and shower mats.
- Spray on cosmetics.
Kitchen:

- Spray on surface of or add a few drops to leftovers and condiments before storing in refrigerator.
- Rinse or spray vegetables, fruits, grains and meats before using or storing.
- When canning, add ½ tsp per quart.
- Spray or rinse sprouts.
- Spray storage area, interior of refrigerator, lunch kits, garbage containers.
- Spray cutting boards, sponges and dish cloths.
- Add to dishwasher.

Household Cleaning:

- Add to cleaning solutions.
- Wipe telephone mouthpieces and head phones.
- Spray furnace and air conditioning filters after cleaning.
- Wipe air ducts and vents.
- Rinse toilet seats and bowls, sinks, tiling and doorknobs.
- Spray carpets, drapes, mattresses, furniture and window sills.

First–Aid:

- Spray on band–aids.
- Spray on razor cuts.
- Spray on pimples.
- Spray between toes, in groin or any area that itches.
- Use in bath water.
• Feed directly by dropper or add to water dish.

Clothes:

• Spray in shoes.
• Mist clothes before storing.
• Spray in gloves.
• Spray watch bands.
• Add to rinse water of laundry— especially for diapers.

• Plants:
• Water and spray plants.

Other:

• Add to picnic foods containing mayonnaise to prevent food poisoning. Keep covered and cool as well!
• Add to pools, hot tubs and foot baths.
• Add to children’s paste and paint pots.