

Clear Mold

Affordable and Easy uses of Grapefruit Seed Extract (GSE)

Based on 4oz concentrate

For ENVIRO:

All-Purpose Cleaner: Add 30-60 drops to any 32 oz. spray bottle filled with water and shake. Test a small area, then use them on most surfaces. Throw away sponges/wipes if in contact with mold.

Laundry: To control mold and odors add 25-30 drops to each load.

Cutting Board Cleaner: Apply 10-20 drops to the cutting board and work in with dish cloth. Leave for approximately 30 minutes and rinse.

Veg/Fruit Wash: Add 25-30 drops to the sink filled with cold water. Soak for a few minutes and rinse.

Veg/Fruit Spray: Add 15-20 drops to 32 oz. spray bottle. Fill with water, spray on fruits or vegetables.

For BODY:

Scalp or or body wash: Mix 5-10 drops of GSE with the amount of shampoo/liquid soap you normally apply. Massage into the scalp/skin and leave it in for 2 min then rinse thoroughly with water, avoiding contact with eyes.

Oral: For bacterial, viral or mold/fungal infections, use 6-12 drops mixed well in 4 oz. or more of juice or water; 2-3 times per day, before, during, or after meals. For children under 10, 1-6 drops in 4oz. juice, 2-3 times daily. Start slow and increase as needed.

Throat Gargle: Stir 6-12 drops into 4oz. of water, gargle several times a day

Nasal: Add 5-10 drops(start at 2-6 drops before increasing) of GSE to a 1.5 - 2 oz. bottle of saline nasal spray. Spray multiple times in each nostril and repeat 4-6 times a day as needed.

Dental Rinse: (for healthy gums and fresh breath) Stir 3 drops into 2 oz. water. Swish a small amount for 10 seconds, 1-2 times daily. For Waterpik-type units, add 3-4 drops to the water reservoir.

Face/hand wash: Add 2-3 drops to wet hands and massage into wet skin avoiding contact with eyes (rinse thoroughly with water if eye contact occurs).

Important: Never use full strength for oral or topical. GSE recipes have been used since the 1960s. These recipes are based on collected information.

Disclaimer

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease