

# Silver Shield Example Usage Chart

Courtesy [www.HealthyYouNaturally.com](http://www.HealthyYouNaturally.com)

CONDITION	2-3 Drops	2-3 Sprays	Fine Mist/Gel	1-3 Tsp	1x/d	2-3x/d	As needed	Notes
<b>INTERNAL USE</b>								
Daily Disinfectant								For special circumstances, serving can be doubled
Impetigo, scarlet fever, enteric fever								take every hour until fever subsides
Malaria								1 oz. a day in divided doses for 5 days
Pneumonia, meningitis, toxic shock syndrom, plague								
Food Poisoning								Can take hourly as needed
Diarrhea, flu								Take hourly until symptoms subside
Urinary Infections								Can take hourly as needed
Hepatitis								
<b>ORIFICE USE</b>								
Voice Spray								Use spray bottle, 1-3 sprays, up to 10 times daily
Mouthwash, dental plaque, throat infection								Gargle for 6 min to expose pathogens for sufficient time to kill bacteria, swallow
Ear infections								Keep ear pointed pwards for 10 min to allow silver access to ear cavity (make sure full)
Eye infection								Keep liquid in eyes for up to 10 min for max exposure
Nasal spray								Use atomizer sprayer 1-10x daily
Sore/strep throat								Gargle for 6 min, then sawllow. Use every 2 hrs for strep, twice daily after
Tooth/jaw infection								Use up to 3 months depending on severity
<b>EXTERNAL USE</b>								
Vaginal Infection								Use gel on external vaginal area, use atomizer to administer liquid
Wounds, burns								Cover wound as needed with spray or gel + drink
Skin acne, rash, ringworm, skin infection								Use up to 6 times daily
Foot/toe fungus								Wash/soak entire foot daily. Fungus under toenail - lightly sand nail, soak cotton ball, wrap with tape for 30 min
Antibacterial hand gel								Use full strength - works for 4 hours
Diaper Rash								
Face wash								Can use daily
<b>HOUSEHOLD USE</b>								
Disinfect counters/cutting boards								Allow 10 min exposure before wiping, let air dry
Disinfect bathroom basin, counter, shower								Spray directly on surface, allow 10 min exposure, let air dry
Dsinfect toothbrushes								Allow item to stan in full-strength liquid for 10 min, no rinse needed
Disinfect laundry								Soak in liquid, or spray over cloathing, 10 min of exposure

Visit [www.HealthyYouNaturally.com](http://www.HealthyYouNaturally.com) for more information or call (905) 271-1180