

USES

gargle	Gargle at the first sign of a sore throat.	$\frac{1}{3}$ OZ
ears	Tilt head & pour in ear for 1 min. Do other ear	$\frac{1}{8}$ OZ
cuts	Spray or dab with soaked cotton ball.	$\frac{1}{4}$ OZ
veggies	Fill sink or bowl with water & soak for 1-20 minutes.	3 OZ
sprouts	Spray or add to sprout soaking or rinsing water.	1 OZ
nuts/grains	Soak in dilution for 1-24 hrs. to activate & clean	2 OZ
meat/fish	add to water & soak for 1-5 min.	1 OZ
garden	Water indoor / outdoor plants. Add per gallon.	3 OZ
toothbrush	soak bristles in shot glass overnight	1 OZ
surfaces	Spray & wipe all household surfaces & handles.	$\frac{1}{4}$ OZ
dishes	Add to each dishwasher load.	2 OZ
laundry	Add to each washer load.	3 OZ
gray water	Use to wash everything!	3 OZ
dog breath	Spray in dog's mouth & brush. Exercise patience.	3 SPRAYS
skunk odor	Spray on affected animal.	1 BOTTLE