

NUTRIBIOTIC'S GSE (GRAPEFRUIT SEED EXTRACT) LIQUID CONCENTRATE TONICS

Nutribiotic's GSE Liquid Concentrate is a nontoxic biologically active liquid extract of grapefruit that is derived from the seed and pulp. The grapefruit bioflavonoids (or polyphenolics) are converted into an extremely potent compound with broad spectrum antimicrobial function.

This is a very concentrated and acidic formula so always DILUTE.

Never put in eyes.

If irritation occurs then flush with water for 10 minutes.

If irritation persists, discontinue use immediately and contact a healthcare professional.

AILMENT	TREATMENT (Adult dosing. Can be with or without food)	TIME FRAME
CANDIDIASIS	<p>Start at a low dose and work up: Wk 1: mix 1-3 drops in 147-177ml (2/3 - 3/4 cup) water daily. Wk 2: mix 1-3 drops in 147-177ml (2/3 -3/4 cup) water twice daily. Wk 3: mix 1-3 drops in 147-177ml (2/3 -3/4 cup) water three times daily.</p> <p>Look for die off symptoms and change protocol as necessary.</p> <p>Caps option: use 1 cap of Citricidal Caps in place of 1-3 drops and increase from 1 to 3 caps a day over 3 weeks.</p>	May need to use for 1-3 months depending on severity of Candida.
DIARRHEA	<p>Mix 1-3 drops in 147-177ml (2/3 -3/4 cup) water. Take 2-3 times per day if needed.</p> <p>Prevention: if in endemic area, take every morning to prevent acquiring infectious agent.</p>	In many cases, noticeable improvement within a few hours of first dose. If problem persists for more than 48hrs then seek medical care.
AMBEOSIS (PARASITES)	<p>Mix 2-5 drops in 147ml (2/3 cup) water and consume 2-3 times a day.</p> <p>Citricidal Caps option: 1-3 caps per day. Start with 1 cap and build up to 3 caps a day.</p>	Use for a minimum of 1 month and up to longer



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SORE THROAT	Mix 1-3 drops in 118ml (1/2 cup) water, gargle for 30 seconds, then swallow or expectorant. Do 3-5 gargles a day.	Amelioration typically felt within 1 hour of first gargle but can take up to 5 gargles to fully go away.
EAR INFECTION	Mix 1-3 drops in 29ml (1/8 cup aka 2 TBSP) oil. Draw up into a syringe (without a needle), then press plunger down to release 2-3 drops into effected ear (children should use 1 drop). Do 2-3 times a day.	Improvement should occur within 24hrs. If worried about other ear becoming infected then place drops into both ears.
VAGINAL RINSE	Mix 1-2 drops in 236ml (1 cup) water. While in the shower, draw up liquid into a syringe (without a needle) and insert into the vaginal canal. Then release the plunger to allow fluid to wash the vaginal canal. Do 2 washes daily.	Do for 1 week if issues with bacterial or yeast infections, then do for 1 week after menses for next 3 months.
MILD ACNE & FACIAL CLEANSER	Moisten face with water; apply 1-2 drops to wet hands. In a circular motion, gently rub all over face. Rinse thoroughly with water and pat dry. A tingling sensation is normal.	Use wash once a day.
MODERATE-SEVERE ACNE & SKIN IRRITATIONS	Nutribiotic Skin Cleanser (0.5% Grapefruit seed extract): moisten face with water, and then apply skin cleanser. Leave on for 1 minute then wash off. Citricidal Skin Cleanser (3% Grapefruit seed extract): for severe acne. Wet face, and then rub into trouble area for at least 20 seconds. Rinse thoroughly. If irritating the switch to Nutribiotic skin cleaner.	Wash with either cleanser 2-3 times daily.
DANDRUFF & SCALP TREATMENT	Add 2-4 drops to hair during every shampoo (either: put shampoo in hand and add drops to that then apply to scalp; or shampoo hair first then add drops to suds covered head). Massage into scalp and leave on for 2 minutes. Rinse thoroughly with water. If using in place of Shampoo, then dilute before placing directly on the head.	It Is common to feel a tingling sensation. Improvement should be noticed after 1-2 washes.
WARTS	Mix 2-3 drops per 1 Tablespoon water. If irritation occurs on skin then the concentrate is too strong and reduce drop to water ratio. Discontinue use until irritation dissipates.	Reapply 1-3 times daily or more often if necessary. Wart may take at least 1 month to disappear.



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ATHLETE'S FOOT	Mix 4-8 drops in 591 – 887ml (2.5-3.5 cups) water and soak feet for 5-10 minutes.	Do 2-3 foot baths per day. Improvement is usually seen within 48hrs.
NAIL FUNGUS	Mix 2 drops per 1 Tablespoon glycerine or oil. Apply to the nail surface and underneath the front of the nail. If the patient experiences burning then have them dilute it further.	Apply 2 or more times a day for a minimum of 2-3 months.
DIAPER RASH	Dilute 1 drop per 29ml (2 Tablespoons) water and then place in a spray bottle. Spray on affected area. Citricidal Skin Cleanser: moisten irritated area and gentle apply soap. Wash off with water and towel dry.	Apply 1-2 times daily until problem disappears. If irritation occurs, then discontinue.
ALL-PURPOSE CLEANER	Add 15-30 drops to a 946ml (32oz) spray bottle filled with water. Use on all surfaces around the house.	
CUTTING BOARD CLEANER	Apply 5-10 drops to cutting board and work into entire board with a wet sponge or dish cloth. Leave on for at least 30 minutes then rinse with water.	
DISH AND UTENSIL CLEANING ADDITIVE	Add 10-20 drops to sink dishwashing water or to final rinse. Add 10-20 drops to automatic dishwasher with detergent or to final rinse.	
VEGETABLE, FRUIT, OR MEAT WASH	Add 10 or more drops to a 946ml (32oz) spray bottle filled with water. Spray on produce and meat.	
TOOTHBRUSH CLEANER	In a glass, add 2-4 drops to 59-79ml (1/4 - 1/3 cup) water. Immerse toothbrush for 15 minutes (or leave in between use). Rinse toothbrush before each wash.	In no signs of gum disease then change water and GSE liquid mixture every few days.

