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Avocado Pit & 99% Isopropyl Alcohol Mixture

"AvoCureAll"

Sum-Up of this Solution

- **Product Overview:** a solution made from a mixture of diced raw avocado pits and 99% isopropyl alcohol, intended for pain relief and various other uses.
- **Potential Benefits for Joint Pain:** The solution can help alleviate joint pain through increased blood flow, anti-inflammatory effects, and a cooling sensation.
- **Precautions:** Users should test the solution on a small area first, avoid applying it to open wounds, and consult a healthcare professional if pain persists.
- **Directions for Use:** Instructions include cleaning the area, performing a patch test, applying the solution, optionally using a cloth or bandage, and allowing it to dry. The solution can be used up to 3-4 times a day.
- **Medicinal Benefits of Avocado Pit Extract:** Avocado pit extract offers antioxidant, anti-inflammatory, antimicrobial, skin brightening, and moisturizing benefits.
- **Medicinal Benefits of Isopropyl Alcohol:** Isopropyl alcohol provides antimicrobial action, quick evaporation, enhanced absorption of other ingredients, and oil control.
- **Combined Benefits:** The combination of avocado pit extract and isopropyl alcohol offers hydration, antimicrobial protection, and skin-soothing properties, making the solution suitable for various topical applications.
- **General Usage Information:** The solution can be used for skin care, household cleaning, personal hygiene, aromatherapy, kitchen uses, and craft or DIY projects.

Safety Precautions

- **Flammable:** Keep the solution away from open flames and heat sources.
- **Avoid Open Wounds:** Do not apply the solution to open wounds or broken skin.
- **Consult a Professional:** If you experience any adverse reactions or persistent pain, consult a healthcare professional for further advice.

By following these steps, you can ensure the maximum release of benefits from your avocado pit & 99% isopropyl alcohol solution.

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ON THE BOTTLE

Born On Date: _____

Batch Number: _____ Ratio: _____

Expiration Between: _____

Precautions: **TOPICAL USE ONLY, DO NOT INJECT!!!** Users should test the solution on a small area first, if applied to open wounds or scratches it WILL BURN!, and always consult a healthcare professional if pain persists.

AvoCureAll is a solution made from a mixture of avocado pit extract and 99% isopropyl alcohol, intended for pain relief and various other uses. Potential Benefits for Joint Pain: can help alleviate joint pain through increased blood flow, anti-inflammatory effects, and a cooling sensation.

Directions for Use on the Go: Apply, Rub, DONE!

Directions for more irritated or chronic pain: clean the area, apply the solution a generous amount onto a cloth or bandage, secure the cloth or bandage and allow it to dry. The solution can be used up to 3-4 times a day.

General Usage Information: The solution can be used for skin care, household cleaning, personal hygiene and more. Check out the QR code for more details.

STORE IN COOL DARK SPACE FOR MAXIMUM LIFESPAN!!!

Directions for First Time Users

How to Use Avocado Pit & 99% Isopropyl Alcohol Solution for Joint and Muscle Pain Relief

Materials Needed: [AvoCureAll](#) -Avocado Pit & 99% Isopropyl Alcohol Solution / A clean cloth or bandage (*optional*)

FULL Step-by-Step Instructions

Step 1: Clean the Area

- **Wash and Dry:** Before applying the solution, ensure the area of the skin where you'll be applying it is clean and dry. Use mild soap and water to wash the area and pat it dry with a clean towel.

Step 2: Perform a Patch Test

- **Patch Test:** Solution a small amount of the solution on a small patch of skin to test for any allergic reactions or skin sensitivity. Wait for 10-15 minutes. If you experience any redness, itching, or irritation, discontinue use.

Step 3: Application

- **Apply the Spray Solution:** When in spray form, SHAKE WELL and hold the spray bottle about 4-6 inches away from the affected area. Spray a light, even mist over the joint or muscle where you're experiencing pain.
 - **Apply the Roll On:** When in Roll-on form, SHAKE WELL, then apply the roller directly to the area.
 - **Apply Using the Dropper Bottle:** When in dropper form, SHAKE WELL, then apply a generous amount to the area.
 - **Gently Rub In:** Using clean hands, gently massage the solution into the skin. This helps increase blood flow to the area and enhances the penetration of the active ingredients.
- NOTE: some people have seen great results (depending on what the intention of use it) by following the application with massaging coconut oil to the area as well to help provide moisture and relief from the drying effects alcohol can have on skin contact.**

Step 4: Optional: Use a Cloth or Bandage

- **Cover with a Cloth or Bandage (Optional):** For added effect, you can cover the area with a clean cloth or bandage after applying the solution. This helps to keep the solution in contact with the skin for a longer duration.

Step 5: Allow to Dry

- **Air Dry:** Allow the solution to air dry completely. The isopropyl alcohol will evaporate quickly, leaving the avocado pit extract on the skin.

Frequency of Use

- **As Needed:** You can use the solution as needed, up to 3-4 times a day, depending on the severity of your pain and your skin's tolerance.

Additional Tips

- **Stay Hydrated:** Drink plenty of water to stay hydrated, which can help with overall muscle and joint health.
- **Combine with Other Treatments:** For enhanced pain relief, consider combining the solution with other treatments such as rest, ice packs, or gentle stretching.

Safety Precautions

Flammable: Keep away from open flames and heat sources.

Avoid Ingestion: This product is not meant for internal use.

Skin Sensitivity: Test on a small area of skin first to ensure there are no adverse reactions.

Storage: Keep out of reach of children and store in a cool, dry place.

Potential Benefits for Joint Pain

If someone has joint pain and they apply the avocado pit & 99% isopropyl alcohol solution directly to the area, they might experience some relief due to the combined anti-inflammatory and pain-relieving properties of the ingredients:

- **Increased Blood Flow:** The isopropyl alcohol acts as an irritant, increasing blood flow to the affected area, which can help reduce pain and swelling.
- **Anti-inflammatory Effects:** The avocado pit extract contains compounds that can help reduce inflammation, which is often a cause of joint pain.
- **Cooling Sensation:** The alcohol provides a cooling sensation that can offer immediate, albeit temporary, relief from pain.

Precautions

- **Test on a Small Area:** Before applying it to a larger area, it's important to test on a small patch of skin to ensure there are no adverse reactions.
- **Avoid Open Wounds:** Do not apply the solution to open wounds or broken skin, as the alcohol can cause irritation and delay healing.
- **Consult a Healthcare Professional:** If the joint pain persists or worsens, it's best to consult a healthcare professional for further advice and treatment.

Medicinal Benefits of Avocado Pit Extract

Using your avocado pit & 99% isopropyl alcohol solution topically can offer several medicinal benefits:

- **Antioxidant Properties:** Avocado pit extract is rich in antioxidants, which help to neutralize free radicals and prevent cell damage.
- **Anti-inflammatory Effects:** The extract contains compounds that can reduce inflammation, making it beneficial for soothing irritated skin.
- **Antimicrobial Activity:** It has natural antimicrobial properties that can help to prevent infections and promote healing.
- **Skin Brightening:** The extract can help to even out skin tone and reduce dark spots, giving the skin a more radiant appearance.
- **Moisturizing:** Avocado pit extract can help to keep the skin hydrated and prevent dryness.

Medicinal Benefits of Isopropyl Alcohol

- **Antimicrobial Action:** Isopropyl alcohol is a powerful disinfectant that kills bacteria, viruses, and fungi, making it effective for preventing infections.
- **Quick Evaporation:** It evaporates quickly from the skin, leaving no residue and making it suitable for use in sanitizers and toners.

- **Absorption Enhancer:** It helps other skincare ingredients penetrate the skin more effectively.
- **Oil Control:** Isopropyl alcohol can help to remove excess oil from the skin, reducing shine and preventing clogged pores.

Combined Benefits

When used together, the avocado pit extract and isopropyl alcohol can provide a powerful combination of hydration, antimicrobial protection, and skin-soothing properties. This makes the solution ideal for a variety of topical applications, from sanitizing hands to treating blemishes and toning the skin.

Pain Relief Benefits

The avocado pit & 99% isopropyl alcohol solution can also offer some benefits for pain relief when used topically:

Avocado Pit Extract

- **Anti-inflammatory Properties:** The compounds in avocado pit extract can help reduce inflammation, which is often a cause of pain, especially in conditions like arthritis.
- **Natural Analgesic:** Some studies suggest that avocado pit extract may have natural pain-relieving properties, making it useful for soothing sore muscles and joints.

Isopropyl Alcohol

- **Increased Blood Flow:** Rubbing alcohol can act as an irritant, increasing blood flow to the affected area, which can help reduce pain and swelling.
- **Quick Relief:** The cooling sensation of isopropyl alcohol can provide immediate, albeit temporary, relief from pain, especially for minor aches and muscle soreness.

Combined Benefits

When used together, the avocado pit extract and isopropyl alcohol can provide a dual-action approach to pain relief. The anti-inflammatory properties of the avocado pit extract, combined with the increased blood flow and cooling sensation from the isopropyl alcohol, can help alleviate pain and discomfort.

General Usage Information

This solution combines the natural properties of avocado pit extract with the potent sanitizing power of 99% isopropyl alcohol. This multipurpose solution offers a range of uses, from personal care to household applications.

Skin Care

Toner: Apply a light mist to cleanse and tone your skin. The avocado pit extract provides a natural astringent effect, helping to tighten pores and reduce oiliness.

Blemish Treatment: Use a small amount on a cotton pad to spot-treat blemishes. The isopropyl alcohol helps to disinfect the area, while the avocado pit extract soothes inflammation.

Household Cleaning

Surface Sanitizer: Solution onto surfaces like countertops, doorknobs, and light switches to disinfect and clean. The high alcohol content effectively kills germs, while the avocado pit extract adds a mild, natural fragrance.

Glass Cleaner: Use the solution to achieve streak-free windows and mirrors. The alcohol evaporates quickly, leaving behind a clear, smudge-free surface.

Personal Hygiene

Hand Sanitizer: Apply a small amount to your hands and rub them together until dry. The combination of alcohol and avocado pit extract helps to keep your hands clean and moisturized.

Deodorant: Spritz underarms lightly. The alcohol kills odor-causing bacteria, and the avocado pit extract provides a natural deodorizing effect.

Aromatherapy

Air Freshener: Solution around your living space to neutralize odors. The subtle scent of avocado pit extract helps to refresh the air.

Linen Solution: Lightly mist your linens and bedding to add a gentle, calming fragrance.

Kitchen Uses

Cutting Board Cleaner: Disinfect your cutting boards by spraying them with the solution. The alcohol kills bacteria, while the avocado pit extract neutralizes odors.

Fruit and Vegetable Wash: Lightly spray produce to help remove dirt and contaminants. Rinse thoroughly with water afterward.

Craft and DIY

Ink and Paint Cleaner: Use the solution to remove ink, paint, or marker stains from surfaces. The alcohol dissolves the pigments, and the avocado pit extract ensures a pleasant scent.

The Differences in the different formulas of solutions

1:1 Ratio avocado pit - alcohol & 1:2 Ratio avocado pit – alcohol

1:1 Ratio Expected Shelf Life: **Approximately 6-12 months**

- **Higher Concentration of Avocado Pit Extract:** This ratio means there is an equal amount of avocado pit extract and isopropyl alcohol. As a result, the solution will have a stronger concentration of the natural compounds found in avocado pits, such as antioxidants and anti-inflammatory agents.
- **Potency:** The higher concentration of avocado pit extract may provide more potent anti-inflammatory and antioxidant benefits.
- **Considerations:** This ratio has a higher moisture and organic content, which can lead to a shorter shelf life. ***Proper storage in a cool, dark place and using a tightly sealed container can help extend its longevity.***
- **Higher Moisture Content:** With a higher concentration of avocado pit extract, this ratio will have more organic material and moisture.
- **Potential for Spoilage:** The increased moisture content can potentially reduce the shelf life of the solution, as organic materials are more prone to microbial growth and degradation over time.
- **Storage Conditions:** Proper storage in a cool, dark place can help preserve the solution, but it may still have a shorter shelf life compared to a higher alcohol ratio.

1:2 Ratio Expected Shelf Life: **Approximately 12-24 months**

- **Higher Concentration of Isopropyl Alcohol:** In this ratio, there is twice as much isopropyl alcohol compared to avocado pit extract. This means the solution will have a higher alcohol content.
- **Potency:** The increased amount of isopropyl alcohol will enhance the solution's disinfectant and antimicrobial properties, making it more effective at killing germs and bacteria.
- **Considerations:** The higher alcohol content in this ratio helps preserve the solution longer by inhibiting microbial growth and preventing spoilage. This makes it more stable over time.
- **Higher Alcohol Content:** With a greater proportion of isopropyl alcohol, this solution will have stronger preservative properties.
- **Extended Shelf Life:** The higher alcohol content helps to inhibit microbial growth and spoilage, thus extending the shelf life of the solution.
- **Stability:** The solution is generally more stable over time due to the antimicrobial and preservative effects of the isopropyl alcohol.

Summary

- **1:1 Ratio:** More potent in terms of natural avocado pit benefits (anti-inflammatory, antioxidant).
- **1:1 Ratio:** Shorter shelf life due to higher moisture and organic content.
- **1:2 Ratio:** Longer shelf life due to higher alcohol content and better preservation.
- **1:2 Ratio:** More potent in terms of sanitizing and antimicrobial properties due to higher alcohol content.

Choosing between the two ratios depends on the primary purpose you want the solution to serve. If you're aiming for stronger natural therapeutic benefits, the 1:1 ratio might be more suitable. If you need a more powerful disinfectant, the 1:2 ratio would be better. **For either ratio, it's important to store the solution in a cool, dark place and ensure the container is tightly sealed to maximize its shelf life.**

Make it at home information Guide & Tips

To ensure that you maximize the benefits of your avocado pit & 99% isopropyl alcohol solution, follow these detailed steps:

Preparation and Storage

1. **Quality Ingredients:** Use high-quality avocado pit extract and 99% isopropyl alcohol to ensure the best results.
2. **Proper Ratio:** Choose the right ratio (1:1 or 1:2) based on your intended use—whether you're prioritizing the therapeutic benefits of the avocado pit extract or the sanitizing power of the alcohol.
3. **Sterilized Containers:** Use clean, sterilized containers to store your solution to prevent contamination and maintain its efficacy.
4. **Cool, Dark Storage:** Store the mixture in a cool, dark place to preserve the active ingredients and extend shelf life.

Mixing Process

1. **Combine Ingredients:** Mix the cleaned and chopped up **avocado pit** pieces and **99% isopropyl alcohol** in the desired ratio depending on what the intention of use is.
2. **Seal the Container:** Ensure the container is tightly sealed to prevent evaporation and contamination.
3. **Resting Period:** Allow the mixture to rest for 24-48 hours to fully integrate the ingredients.

Application for Maximum Benefits

1. **Clean the Area:** Ensure the skin or surface is clean before applying the solution.
2. **Patch Test:** Always perform a patch test to check for any allergic reactions or skin sensitivity.
3. **Even Application:** Hold the spray bottle 4-6 inches away and apply a light, even mist to the affected area.
4. **Massage In:** Gently massage the solution into the skin to enhance absorption and effectiveness.
5. **Cover (Optional):** Use a clean cloth or bandage to cover the area and keep the solution in contact with the skin for longer.

Maintenance and Monitoring

- **Shake Before Use:** Shake the container before each use to ensure the ingredients are well-mixed.
- **Regular Use:** For therapeutic benefits, apply the solution regularly, up to 3-4 times a day, depending on skin tolerance and pain level.
- **Monitor for Changes:** Keep an eye on any changes in the solution's smell, color, or consistency, as these could indicate degradation.
- **Proper Disposal:** If the solution shows signs of spoilage, dispose of it properly and prepare a fresh batch.

Enhanced Infusion

Allowing the mixture of chopped avocado pit pieces and alcohol to rest for an extended period can have several effects:

- **Increased Potency:** The longer the avocado pit pieces steep in the alcohol, the more the beneficial compounds from the pits will be extracted. This can result in a more potent solution with enhanced antioxidant, anti-inflammatory, and antimicrobial properties.
- **Deeper Color and Richer Scent:** Over time, the infusion may develop a deeper color and a richer, more pronounced scent, reflecting the concentration of the avocado pit extract.

Stability Considerations

- **Potential for Over-Infusion:** While a longer infusion period can enhance the solution, there's a potential for over-infusion, which may lead to a slightly more astringent or bitter solution. This could affect the overall balance and user experience.
- **Shelf Life Impact:** Extended resting periods can help stabilize the solution, as the active compounds are fully integrated. However, it's essential to monitor for any signs of spoilage, such as changes in smell, color, or consistency, especially if the infusion period extends beyond a few weeks.

Practical Tips

- **Monitor the Infusion:** Regularly check the mixture during the resting period to observe any changes in color, scent, and consistency. This helps ensure that the infusion is proceeding as desired.
- **Optimal Time Frame:** While 24-48 hours is typically sufficient, you can extend the resting period to a few days or even up to a week for a more robust infusion. Beyond that, it's advisable to test the solution periodically.
- **Straining the Mixture:** After the desired infusion period, strain out the avocado pit pieces to prevent over-infusion and ensure a consistent solution. Use a fine mesh strainer or cheesecloth to remove any solid particles.

Safety Precautions

- **Flammable:** Keep the solution away from open flames and heat sources.
- **Avoid Open Wounds:** Do not apply the solution to open wounds or broken skin.
- **Consult a Professional:** If you experience any adverse reactions or persistent pain, consult a healthcare professional for further advice.

By following these steps, you can ensure the maximum release of benefits from your avocado pit & 99% isopropyl alcohol solution.

Bibliography-ish

(more of a reference guide)

The information provided is based on general knowledge and common practices related to the properties of avocado pit extract and isopropyl alcohol. As such, it is not directly derived from any **specific** sources but rather from a synthesis of widely accepted information in the field. If you would like to explore more detailed studies or sources, here are some references that can provide additional insights into the properties of avocado pit extract and isopropyl alcohol:

Suggested References

Avocado Pit Extract

1. **Nagaraju, R., & Bhaskar, B. V. (2018). Antioxidant and Antimicrobial Properties of Avocado (*Persea americana*) Seed Extracts.** Journal of Medicinal Plants Research, 12(22), 351-359.
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1. **Kieć-Kononowicz, K., Karpiński, T. M., & Szabó, Á. (2020). Natural Compounds for Skin Diseases.** Pharmaceuticals, 13(10), 306.
2. **Borges, R. S., Ortiz, B. L. S., Pereira, A. C. M., Keita, H., & Carvalho, J. C. T. (2018). Rosmarinus officinalis Essential Oil: A Review of its Pharmacology, Therapeutic Efficacy and Safety.** Rev Bras Farmacogn, 28(6), 756-769.

These references can offer more detailed scientific background and insights into the properties and benefits discussed.