



MOUTHWASH or SPRAY ?

MOUTHWASH

Using EcoProven Anti-Viral / Anti-Microbial Mouthwash as a preventative measure

- Measure at least 2 to 3 ml of EcoProven solution into a cup/spoon. Make sure to use enough EcoProven to be able to gently swish fluid in mouth.
- Sip the solution and “swish” in the mouth 30 to 60 seconds to ensure that all areas of mouth and upper throat have been thoroughly covered by the solution.
- Spit out excess liquid when finished.

MOUTH SPRAY

Another method of applying EcoProven Anti-Viral Mouthwash is with a pump sprayer.

- Spraying directly into the mouth may be more convenient than measuring / pouring from a bottle into a cup.
- The spray method helps disperse the product directly into the mouth.
- A pump spray dispenses a “measured” spray and 6 to 8 pumps (depending on the specific sprayer) will deliver enough liquid to swish around the mouth.
- Measured sprays may help conserve EcoProven and it may last longer versus the potential of over-pouring and waste when using the bottle and cup method.

5 ml = 1 teaspoon = .17 fluid ounce
15 ml = 1 Table spoon = .5 fluid ounce