# Natural Allergy Solutions 51 Hamburg Turnpike Riverdale, NJ 07457 973-616-6400

## **Guidelines for Supplement Usage**

Silver Liquid (16oz. bottle)
If there are No Symptoms,
Take 1 tsp am and pm

If you feel like you are fighting something, Take 1 tbsp 3 times a day

Make sure not to use a metal spoon.

## Beta Glucan, 500mg

At this time, I recommend everyone take two beta glucan per day, which is the maximum recommended dose.

# Esberitox, chewables

ONLY if you are fighting something and follow package directions.

### **Silver Lozenges**

Follow package directions

#### Silver Gel

Apply liberally before leaving and returning home and any time in between that you feel necessary. Silver gel protection can last for a few hours.