



OXYGEN[®]
NUTRITION CO

TRIGUARD[®] PLUS

DIRECTIONS FOR USE

TRIGUARD[®] PLUS Liquid Concentrate contains Grapefruit Seed Extract (GSE), Tea Tree oil (water-soluble) and Colloidal Gold. GSE is a natural quaternary compound synthesized from the seed and pulp of certified organically grown grapefruit. The manufacturing process converts grapefruit bioflavonoids (polyphenolics) into an extremely potent compound that has been proven highly effective in numerous applications. Healthcare professionals worldwide use **TRIGUARD[®] PLUS** as nutritional support for individuals with certain health concerns.

Internal Use: *(Never use full strength)*

Orally. Suggested Use: 10-20 drops mixed in 8 oz. of water or juice, 2-3 times daily, with or without meals. Children (under 10 years): 3-12 drops mixed in 5 oz. juice, 2-3 times daily. Or as directed by your healthcare professional. *Do not use full strength in mouth.*

Dental Rinse. (for healthy gums and fresh breath) Stir 3 drops of **TRIGUARD[®] PLUS** into 2 oz. or more of water. Vigorously swish a small amount of the water for 10 seconds or more, 1-2 times daily. Also a perfect additive for Waterpik type units. Add 3-4 drops to the water reservoir. *Always dilute.*

Throat Gargle. Stir 3 drops of **TRIGUARD[®] PLUS** into a small (3 oz. or more) glass of water. Gargle several times. Use as often as needed. *Always dilute.*

Ear Rinse. Thoroughly mix 3-5 drops of **TRIGUARD[®] PLUS** with 1 oz. of glycerin or alcohol. Apply 1-2 drops of this solution in affected ear 1-2 times daily. Use as often as needed. *Do not use full strength in ears.*

Nasal Rinse. Mix 1 drop of **TRIGUARD[®] PLUS** with 2 oz. of water. With your head tilted back, fill each nostril with a full eyedropper's worth of the mixed solution. Swing head forward and down (head is now upside down) to force solution up into nasal passages. Return head to the normal upright position and allow nasal passages to drain. Do not inhale through the nose during this process. *Always dilute.*

Vaginal Rinse. Mix 5-10 drops of **TRIGUARD[®] PLUS** in 6-8 oz. of water. Douche once daily for one week. Douche more often if desired. *Always dilute.*

External Use: *(Never use full strength)*

Facial Cleanser. Thoroughly moisten (splash) face with warm or cool water. With hands still wet, apply 2-3 drops of **TRIGUARD[®] PLUS** to fingertips and gently massage face with circular motions. Rinse thoroughly with cool water and pat dry. A tingling sensation may follow. This is indication of the deep cleansing properties of **TRIGUARD[®] PLUS**. *Always dilute.*

Skin Rinse. (minor skin irritations) Dilute **TRIGUARD[®] PLUS** with water (5-10 drops/tablespoon). Apply this solution directly to affected area twice daily. *Do not use full strength on skin.*

Nail Treatment. Dilute **TRIGUARD[®] PLUS** with water or alcohol (5-10 drops/tablespoon). Apply this solution directly on surface of nail along the cuticle and underneath front of nail, or soak nails, twice daily for as long as desired. *Do not use full strength on nails.*

Scalp Treatment. Add 5-10 drops of **TRIGUARD[®] PLUS** to each shampooing (mix in hand or on head with shampoo). Massage into scalp and leave on for at least 2 minutes. Rinse off thoroughly with water. May also be used without shampoo.

Household Use:

Toothbrush Cleaner. Stir 15-30 drops of **TRIGUARD[®] PLUS** into a glass of water. Submerge toothbrush for 15 minutes (or leave in between uses). Rinse toothbrush before using. Change water and remix every few days.

Vegetable/Fruit or Meat/Poultry Wash.

Sink washing – Add 90 or more drops of **TRIGUARD[®] PLUS** to a sink full of cold water. Briefly soak any vegetables, fruit, meat, or poultry.

Spray washing – Add 60 or more drops of **TRIGUARD[®] PLUS** to a 32 oz. pump sprayer filled with water. Spray on any vegetables, fruit, meat or poultry.

Dish and Utensil Cleaning Additive. Add 30-60 drops of **TRIGUARD[®] PLUS** to sink dishwashing water or to rinse. Add 15-30 drops of **TRIGUARD[®] PLUS** to automatic dishwasher detergent or to final rinse.

Cutting Board Cleaner. Apply 30-60 drops of **TRIGUARD[®] PLUS** to cutting board and work into entire board with a wet sponge or dishcloth. Leave on for at least 30 minutes. Rinse with water.

All Purpose Cleaner. Add 30-60 drops of **TRIGUARD[®] PLUS** to any 32 oz. pump sprayer filled with water or cleanser. Use on all surfaces around the house.

Caution: *Do not put in eyes. Do not use full strength in ears, mouth, nose or any sensitive areas. If contact occurs, flush with water for at least 10 minutes. Irritation is temporary and could last 48 hours.*

These statements have not been evaluated by the Food and Drug Administration. • This product is not intended to diagnose, treat, cure, or prevent any disease.