

New Beginnings
NUTRITIONALS

USING GRAPEFRUIT SEED EXTRACT

A HELPFUL GUIDE



Grapefruit Seed Extraction Instructions

NutriBiotic GSE Liquid Concentrate

You can purchase GSE liquid or capsules [HERE](#).

HOUSEHOLD USE:

Vegetable/Fruit or Meat/Poultry Wash: Add 25-30 drops to sink filled with cold water. Briefly soak vegetable, fruit, meat or poultry.

Spray Washing - Add 15-20 drops to 32 oz. spray bottle. Fill with water, spray on fruits or vegetables.

All-Purpose Cleaner: Add 30-60 drops to any 32 oz. pump sprayer filled with water. Use on all household surfaces.

Cutting Board Cleaner: Apply 10-20 drops to cutting board and work in with wet sponge or dish cloth. Leave on for at least 30 minutes. Rinse with water.

Laundry: To control mold and odors add 25-30 drops to each load.

Toothbrush cleansing: Stir 5-10 drops into 1/2 cup water. Soak toothbrush 15 minutes and rinse.

INTERNAL USE: (never use full strength)

Orally: (to ward off sore throats, colds, flu, or any bacterial, viral or fungal infection) 10-15 drops mixed well in 5 oz. or more of juice or water; 2-3 times per day, before, during, or after meals. For children under 10, 1-6 drops in 5 oz. juice, 2-3 times daily.

Intestinal Microbial Treatment: Take 10-15 drops of GSE 4 times per day in juice or herbal tea. Consult your physician if condition persists.

Throat Gargle: Thoroughly stir 6-12 drops into 6 oz. of water. Gargle as often as needed, only as directed.

Nasal Rinse: Add 5-15 drops of GSE to a 1.5 - 2 oz. bottle of Saline Nasal Spray. Spray multiple times up each nostril sniffing high up into the sinuses. Do this at least twice daily as needed.

Dental Rinse: (for healthy gums and fresh breath) Stir 3 drops into 2 oz. water. Swish a small amount for 10 seconds, 1-2 times daily. For Waterpik-type units, add 3-4 drops to water reservoir.

Candida Vaginal Rinse - Mix 5-10 drops in 8 oz. water. Douche once or more daily for one week.

Tip for Getting into Children: Add 3 drops of GSE into 5 oz. of very watered-down citrus juice and add one drop of stevia to sweeten.

EXTERNAL USE:

Facial Cleanser: (normal skin or acne) Moisten face with water. Add 2-3 drops to still wet hands and massage into skin avoiding contact with eyes (rinse thoroughly with water if eye contact occurs). You may also add GSE to your favorite liquid soap.

Scalp Treatment: (including dandruff control) Mix 5-10 drops of GSE with the amount of shampoo you normally apply to your hair. Massage into scalp and leave on for at least 2 minutes. Rinse thoroughly with water, avoiding contact with eyes.

Disclaimer

***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**