

OXYGEN
NUTRITION

TriGuard[®] Plus

CONTAINS
OLE-100[™]
COMPLEX

oxygennutrition.com

DIRECTIONS FOR USE

TriGuard Plus is a liquid concentrate that contains **OLE-100 Complex**, a unique & proprietary blend of highly concentrated Olive Leaf Extract, Structured Silver Water and European Black Elderberry Extract. These powerful ingredients are carefully blended into an extremely potent compound. Health care professionals worldwide use TriGuard Plus as nutritional support for individuals with challenging health concerns.

Internal Use:

Orally. As a dietary supplement, at first signs of depressed resistance, take 1-2 full droppers (approx. 30-60 drops) in a little water, once or twice daily for two weeks. For Intensive Use: Take 1-2 full droppers in a little water 3 times daily or as directed by your physician. *May also be taken undiluted in mouth, followed with water.*

Dental Rinse. (For healthy gums and fresh breath) Stir ½ full dropper (approx. 15 drops) of TriGuard Plus into 1 oz. of water. Vigorously swish in the mouth for 10 seconds or more, 1-2 times daily.

Throat Gargle. Stir 1 full dropper (approx. 30 drops) of TriGuard Plus into 1 ounce of warm water. Gargle several times for at least 2 minutes. Use as often as needed.

Ear Rinse. Thoroughly mix 1/4 full dropper (approx. 7 drops) TriGuard Plus with 1/4 oz. of warm water. Apply 1 - 2 drops of this solution to the affected ear 3 times daily. Use as often as needed.

Nasal Rinse. Mix 1/2 full dropper (approx. 15 drops) of TriGuard Plus with 2 oz. of warm 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. You can also add 1/2 full dropper (approx. 15 drops) of TriGuard Plus into a 2 ounce nasal sprayer and gentle spray into the nasal passages.

Vaginal Rinse. Mix 1 full dropper (approx. 30 drops) of TriGuard Plus with 6 oz. of water. Douche once daily for one week. Douche more often if desired.

External Use:

Facial Cleanser. Moisten (splash) face with warm water. With hands still wet, add a 1/2 full dropper (approx. 15 drops) of TriGuard Plus to fingertips and gently massage face with circular motions for 2 minutes. Rinse thoroughly with warm water and pat dry with a paper towel. A tingling sensation may follow. This is an indication of the deep cleansing properties of TriGuard Plus.

Skin Rinse. (minor skin irritations) Dilute TriGuard Plus with 1/2 oz. of warm water (15 drops / tablespoon). Apply this solution directly to affected areas three times daily.

Nail Treatment. Use 1 full dropper (approx. 30 drops) TriGuard Plus at full concentration. Apply this solution directly on surface of nail along the cuticle and underneath front of nail or soak nails, twice daily in 1 ounce of warm water mixed with 1 full dropper of TriGuard Plus.

Scalp Treatment. Add 1 full dropper (approx. 30 drops) TriGuard Plus to 1 ounce of warm water then massage into your hair. Massage into scalp and leave on for at least 2-3 minutes. Rinse off thoroughly with warm water then use your conditioner. May also be used with your shampoo.

Household Use:

Toothbrush Cleaner. Stir 2 full droppers (approx. 60 drops) of TriGuard Plus into 1/2 glass of water. Submerge toothbrush for 15 minutes (or leave it in the glass between uses). Rinse toothbrush every time before using. Change water and remix every few days.

Vegetable/Fruit or Meat/Poultry Wash. *Sink washing* – Add 1 full dropper (approx. 30 drops) of TriGuard Plus to 8 ounces of water. Briefly soak any vegetables, fruit, meat, or poultry in the mix for about 1 minute. *Spray washing* – Add 2 full droppers (approx. 60 drops) of TriGuard Plus to an 8 oz. pump sprayer filled with water. Spray on any vegetables, fruit, meat or poultry.

Dish and Utensil Cleaning Additive. Add 2 full droppers (approx. 60 drops) of TriGuard Plus to an 8 oz. pump sprayer filled with water. Spray on your utensils, let stand for 1 minute then rinse with water.

Cutting Board Cleaner. Add 4 full droppers (approx. 120 drops) of TriGuard Plus to any 4 oz. spray bottle filled with water. Spray on an area, let it sit for 3 minutes and rinse off.

All Purpose Cleaner. Add 6 full droppers (approx. 180 drops) TriGuard Plus to any 24-32 oz. pump sprayer filled with water or add to your cleanser. Use on all surfaces around the house.

Cautions: Do not put in eyes. Keep out of reach of children. If you are pregnant, nursing, diabetic, on medication, have any medical condition, or are beginning a weight control program, consult your physician before using this product or any other dietary supplement. Discontinue use if allergic reaction occurs. Store in a cool, dry place.

The Food & Drug Administration has evaluated none of the above statements. This product is not intended to diagnose, treat, cure, or prevent any disease.