



INSTITUT KATHAROS

## INFORMATION

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Given current legislation, the information in this leaflet does not represent a recommendation, it is only for information purposes.

[www.institut-katharos.com](http://www.institut-katharos.com)  
[contact@institut-katharos.com](mailto:contact@institut-katharos.com)

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### INGESTION



Up until January 1st 2010 colloidal silver had been considered a food supplement in the EU, so ingestion was allowed.

Thereafter, due to a "lack of adequate data", the EU decided to prohibit ingestion, even though the formulation had not changed and nobody had reported any adverse effects.

It should be noted that the EU is the only group of countries, which has not authorised colloidal silver as a food supplement: the United States, Australia, New Zealand and many other countries allow the ingestion of colloidal silver.

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### DOSAGE



Use the measuring cap provided with the bottle. Do not use a metallic spoon, as it reduces the effectiveness of the solution.



#### Nutritional doses

Silver is present in our food in tiny doses: nowadays the average person in the West ingests the equivalent of 7 micrograms of silver per day, which is 7 to 15 times less than a hundred years ago. To reach the previous levels, you would need to consume ½ a teaspoon (2.5 ml) per day.



#### Temporary illnesses

Overseas it is recommended to take at least 2 teaspoons per day on an empty stomach to boost the immune system. Once the illness is present, users of colloidal silver can take up to 3 times this dose at regular intervals (e.g. in the morning, at noon and at night). Leave it under the tongue for one minute before swallowing for better absorption.



#### Recurring illnesses

As the course of treatment is long term (several months), it is recommended to take 2 teaspoons per day. As with short illnesses, it is possible to temporarily increase the dosage for short periods of time.

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## EXTERNAL USE



Colloidal silver is often used externally to treat skin problems and to reduce the spread of bacteria. Use the spray as required, because it is widely accepted that there are no risks associated with external use.

Many English speaking users believe that colloidal silver should be applied to the required area with a dressing or on a bandage, which should be kept hydrated with the colloidal silver.

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## NEBULISATION



In October 2001, the prestigious Health Sciences Institute in France\* stressed that direct nebulisation of colloidal silver into the lungs was one of the quickest ways of effectively eliminating serious upper respiratory infections, including bronchitis and pneumonia.

Put 2 teaspoons into the nebuliser container, turn it on and breathe slowly and deeply for around 15 minutes or until the liquid has disappeared. Repeat three times a day for colds, pneumonia, bronchitis and sinusitis.

\* see website source

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## PETS



As with humans it is possible to use colloidal silver in many different ways: externally or internally. For external use directly apply the colloidal silver spray to the required area at least 3 times

per day for at least one week. For internal use, there are various different ways: via a feeding syringe, putting it into your pet's water or food.



Thank you for choosing Institut Katharos

