

INSTRUCTIONS ON USE OF

DERMISIL® for SHINGLES and DERMISIL® for SHINGLES DAILY

TOPICAL TREATMENT

Wash affected area with soap and water, this helps the plant extracts penetrate into the viral areas more rapidly. Dry affected area completely.

Always Patch Test an Area Before Starting Full Treatment Regiment

For Active and Prodromal Stage Shingles Outbreaks Use: Dermisil® for Shingles

Apply Dermisil® for Shingles liquid to the affected areas with a clean cotton ball or q-tip.

Apply 3 times or more per day. You may use the product anytime you have an outbreak. You may also apply to the bottoms of your feet as it is the fastest way for the extracts to enter your bloodstream.

The damage left behind from herpes virus should subside over several days depending on the severity of outbreak.

For Daily Shingles Prevention Use: Dermisil® for Shingles Daily to Reduce the Frequency and Severity of Outbreaks

Apply Dermisil® for Shingles Daily to the affected areas with a clean cotton ball or q-tip. The anti-viral plant extracts are proven to reduce the frequency and severity of herpes outbreaks, gently and effectively. The formula is gentle enough for every-day use.

Apply 2-3 times per day for limiting and preventing herpes outbreaks.

Recommendations for treating and minimizing outbreaks:

For Shingles (herpes zoster):

- Topical application of Dermisil® for Shingles during a shingles outbreak. Apply to the bottoms of your feet to penetrate into your bloodstream.
- Take 1,000 mg DERMISIL® L-Lysine supplements 3-4 times a day

For suppressive therapy to treat Shingles:

- Take 1,000 mg DERMISIL® L-Lysine supplements daily
- Topical application of Dermisil® for Shingles Daily to prevent and reduce frequency and severity of recurrence.

What Foods Should I Avoid When I Have Shingles?

- Chocolate
- Red wine
- Peanuts
- Cola
- Coffee + tea
- Sugar
- Most nuts
- Gelatine
- Beer
- Peas
- Carob
- Chick peas
- Soya beans
- Wheat
- Coconut
- Tomatoes
- Mushrooms
- Eggplants
- Sesame and sunflower seeds
- Brown rice
- Oatmeal
- Popcorn

These food will aggravate the Shingles virus and cause a prolonged response to it.

What food should I eat when I have Shingles?

Lysine-containing foods are recommended. These include:

- Brewer's yeast
- Beans
- Bean sprouts
- Meat
- Chicken
- Fish
- Prawns
- Eggs
- Cheese
- Milk
- Yogurt
- Most fruit + vegetables, particularly potatoes

Note: Active ingredients in Dermisil® for Shingles are: *melissa officinalis*, *melaleuca alternifolia*, *agathophyllum aromatica*, *avendula augustifolia*, and other anti-viral plant extracts.

Note: Active ingredients in Dermisil® for Shingles DAILY are: *melissa officinalis*, *melaleuca alternifolia*, *agathophyllum aromatica*, *avendula augustifolia*, other anti-viral plant extracts, and *jojoba*.