

# CRUSH

[www.silverfacts.com](http://www.silverfacts.com)

## Committee on the Responsible Use of Silver in Health **COMMON WAYS SILVER SUPPLEMENTS ARE USED\***

(Not to be used in the promotion of any product.)

Usage of ionic and colloidal silver supplements in the real world often has little to do with label instructions, the latter often applying to safe usage amounts assuming ongoing, lifelong daily usage. The following is a summary of some of the most common ways ionic or colloidal or silver products are used for given situations based on feedback from many users and an overall consensus of what users apparently tend to agree upon. This is, of course, in no way intended as medical advice. (Note that the amounts mentioned below for oral intake pertain to a 100-ppm silver concentration and would just be adjusted based on the actual silver concentration in the given product: for a 10-ppm product one might use ten times the amount mentioned, while for a 200-ppm product one might use half of the amount mentioned.)\*\*

For nutritional support for a sore throat, at first signs of a cold or flu or sinus infection or anything of the sort, it seems the sooner one starts to take it the better by far. About 80%-90% of the people who use it the first day they see symptoms of a cold or flu say they're better within half a day and don't end up being sick (even if everyone in the office or home has a severe flu for two weeks). Many spray about 8-12 sprays in the mouth/throat about every 1-4 hours (or, 3-4 dropperfuls in the mouth, taking it straight and letting it absorb across the walls of the mouth). Frequency seems to really help a lot (it has a relatively short "biological half-life") and apparently just a few doses is usually all it takes, but to be sure, and to be aggressive, many use it for half a day to a day or, if needed, or for as many days as it takes -- depending on whether they began to address the problem at the beginning or it's already full-blown cold or flu (which most say will certainly take longer -- many say they'll start seeing a lot of improvement quite quickly, but once the condition has really taken hold there's little chance of it going away completely in just a day or so).

For nutritional support for lung infections, a spray dispenser allows these products to be inhaled as with an inhaler. Users will typically empty the lungs by exhaling as if blowing out a candle, then continue to pump the spray towards the throat while inhaling deeply until the lungs are full and the chest is expanded, then hold the breath with the mouth shut for a few seconds, then exhale and breath normally. They'll often repeat this a few times right away, and will do this every 1-4 hours as they may feel the need.

If there's a sinus infection, ear infection, eye infection, or any topical condition like poison ivy or acne, etc, many seem to feel the best approach is to tackle it locally/topically as well as systemically/internally/orally. For instance, for nutritional support with a sinus infection, they might take a bunch of sprays orally in the mouth and also use the dropper for nose drops -- some people like to use a pump spray as a nasal spray instead, though that can be a bit awkward, while a dropper can be used for nose drops by simply inhaling or "snorting" a dropperful into the nostril by holding the opposite nostril shut while inhaling and simultaneously squeezing the rubber bulb sharply. Someone might inhale one or two dropperfuls in each nostril, and they might do that every 1-4 hours as they may feel the need. Many users report that just one or two times in a day for local and internal use is usually enough to do the trick, but they'll often use it more often just to be sure.

To be even more thorough and cover the gastrointestinal tract, they'll often mix about 3 dropperfuls in about half a glass of purified water and drink that, preferably on an empty stomach. Again, they'll often to that as often as the other methods mentioned above.

Another approach utilized for nutritional support for a sinus infection -- as well as for an eye infection -- is to apply it as eye drops as well, with some believing that the best way to administer drugs for sinus infections is through eye drops. Users might typically apply about two drops in each eye about every 1-4 hours if they feel the need.

It seems that in all of those types of uses the amount is really not considered important -- the consensus is that a little more or a little less is not going to matter much. It's generally believed that frequency is even more important than quantity -- users typically say it's more beneficial to use it every 1-4 hours as long as they feel the need than it is to use a large amount once.

A few users also spray it on their face and neck and on the area around the eyes at the first sign of symptoms of a cold or flu and periodically thereafter until they feel it's no longer needed. They report it's soothing and seems to help.

Note regarding probiotics: Reputable manufacturers of ionic and colloidal silver products recommend that their customers always take a probiotic (beneficial bacteria) supplement when using their product more than the normal regular label directions suggest (or even if they're just following the label and using it daily). Some users prefer to take a probiotic that's "enteric coated" – which means it shouldn't dissolve until it gets to the intestines, where it's wanted. That way, they feel they can take the probiotic together with the silver product and not worry about the silver killing the beneficial bacteria in the probiotic supplement as the two go down. A couple of brands of enteric-coated probiotics that users seem to prefer are "Acidophilus Pearls" by Enzymatic Therapy and "EPS" by Jarro. There are others, too. When using a probiotic during aggressive use of a silver supplement, users often take twice the amount of probiotic that's suggested on the label.

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Notes:

\* Although some legal authorities consider it a violation of Supreme Court decisions such as Thompson vs Western States, the FDA has banned any information about colloidal silver having disease-fighting benefits -- but that is only true to the extent that the manufacturer or distributor of an ionic or colloidal silver product cannot make such claims. Others can speak freely about the research and benefits. The fact that manufacturers of actual products "in the bottle" cannot say anything about disease benefits is actually what the law has always been since 1938 when the FDA was formed and the Food, Drug and Cosmetics Act was enacted. The law is based on the "intended use" as expressed by the marketer. It says no product can be sold with labeling (or advertising or promotion of any kind) that suggests disease benefits without it first being approved for such labeling by the FDA. Drug approval is "solely" permission to make promotional claims that pertain to disease benefits. The definition of a drug is based "solely" on whether a product is sold with promotional claims that pertain to disease benefits.

The FDA 1999 Final Rule on silver simply specified that no modern-day colloidal or ionic silver products are exempt from that law. Many manufacturers had claimed their products were "grandfathered" but the FDA took the position that they were not. That is really all that that 1999 Final Rule was about. The Rule makes clear that silver can continue to be sold as a "dietary supplement" as long as no disease claims are made unless drug approval is attained for the given product and disease claim.

\*\* Safe silver usage levels are discussed at the Silver Facts web site -

<http://www.silverfacts.com/safety.html>

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