

INSTRUCTIONS ON USE OF DERMISIL® H and DERMISIL® H 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 Herpes, Cold Sores, Shingles Active and Prodromal Stage Outbreaks Use:

DERMISIL® H

Apply DERMISIL® H liquid to the affected areas with a clean cotton ball or q-tip.

Apply 3 times or more per day, You should start seeing results from the first application. You may use the product anytime you have an outbreak.

You may apply the liquid to the bottom of your feet daily as this is the fastest way for the extracts to start healing the body internally.

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

For Daily Herpes Prevention Use: DERMISIL® H DAILY to Reduce the Frequency and Severity of Outbreaks

Apply DERMISIL® H DAILY to the affected areas with a clean cotton ball or q-tip as well as the bottoms of your feet. This allows the anti-viral extracts to penetrate more quickly into your body. 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.

You may apply the liquid to the bottom of your feet as this is the fastest way for the extracts to start healing the body.

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

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**Recommendations for treating and minimizing outbreaks:
L-Lysine is a medically proven important part of your treatment regiment.**

Oral Herpes, cold sores:

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

- Take 3,000 mg a day with DERMISIL® H to abort or quickly eliminate the flare up.

For Shingles (herpes zoster):

- Topical application of DERMISIL® H during a shingles outbreak.
- 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® H Daily to prevent and reduce frequency and severity of recurrence.

For suppressive therapy to treat genital herpes:

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

At the onset of a genital herpes outbreak:

- Take 3,000 mg DERMISIL® L-Lysine supplements daily, along with DERMISIL® H to quickly eliminate a herpes flare up.

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

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

What Foods Should I Avoid When I Have an Outbreak?

Arginine containing foods that aggravate the herpes virus are:

- 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 herpes virus and cause a prolonged response to it.

What food should I eat when I have an outbreaks? 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