



FEMCARE DIRECTIONS

TOPICAL USE

Dampen a cotton ball, Qtip or use fingertips
Apply to affected skin
Repeat 2-3 times per day

Dilution:

100%	Fungal Infection, Contact Dermatitis, Shingles, Stings and Bites
50%	Acne, Rosacea, Rashes, Eczema, Psoriasis Atopic Dermatitis, General Rash

GYNECOLOGICAL USE

Topical Application

Dilute to 25% with water (1 part Femcare: 3 parts water)
Dampen cotton ball or use fingertips
Apply directly to tissues

Douche

Dilute 2 tsp FemCare with 12 tsp (1/4 cup) water
Apply gently with applicator
Repeat 1-2x daily for up to 7 days

Tampon

Dilute 2 tsp FemCare with 2 tsp water
Dip end of tampon in diluted solution
Wear as needed or overnight
Repeat for up to 7 days

- pH Balanced
- Saline Solution
- Anti-fungal herbs
- Anti-bacterial herbs
- Topical or douche