



CitriSafe® Campus LifePak

Contents:

Natural Botanical Cleaning Concentrate (makes 1 gal)

Vent Filter Kit

Botanical Dispenser

CitriSafe Air Treatment Refill, 2 oz (lasts for up to 6 weeks)

CitriSafe Laundry Liquid Concentrate, 32 oz

Agrumax™, 30 ml

CitriSafe Advanced Oral Health Spray, 2 oz

Personal Ionic Air-Refresher Unit

Advanced Oral Health

Car Diffuser

CitriSafe Car Bio-balancing Solution, ½ oz

New!
from CitriSafe

A clean, healthy environment will help boost your immune system, combat brain fog, and let you enjoy your college experiences. Proceed as follows:

- If you have a health problem, follow your doctor's instructions and use medications as prescribed.
- Dilute **Natural Botanical Cleaning Concentrate (NBCC)** by adding one 16 oz bottle to a gallon of filtered or distilled water. Do not use chlorinated tap water. Fill spray bottle and mist the entire room lightly. Be sure to lightly spray the bed, pillows, drapes and carpets. Do this at least once a day.
- Purchase a **HEPA Air Cleaner** (most any brand will be sufficient) -- it does not need to contain an ionizer. Run continuously and spray the filter daily with **NBCC** to help bio-balance the dust, spores and allergens that become trapped in the filter. Clean and replace the filter as recommended on the HEPA Cleaner instructions.
- Install a water filter on your shower head so you are not bathing in chlorinated water.
- Set up the **Botanical Dispenser** and **CitriSafe Air Treatment Refill** as per instructions on the products. Place near your bed. The CitriSafe Dispenser slowly emits a safe, odorless concentrate of citrus and vegetable extracts over 4 to 6 weeks. Covers 400 sq ft. Bio-balance your room while you sleep.
- If possible, cover all the vents in your room with **Vent Covers**. To install, simply cut the filter media to the size of the incoming air vents in your bedroom and attach with the installation strip that is included with the kit. Spray the vent covers twice a day with CitriSafe **NBCC**.
- If you have a window air conditioning unit, spray it daily with **NBCC**.
- Wash bed linens and curtains (if possible) in **CitriSafe™ Laundry Liquid Concentrate**. Add 2 capfuls of concentrated **NBCC** to the rinse cycle the first time you wash the linens.
- Drink 8 drops of **Agrumax™** in 2 ounces of juice twice a day. Follow with 8 ounces of filtered water.
- Drink 6 to 8 glasses of filtered or bottled water a day. Do NOT drink chlorinated water.
- Use the CitriSafe **Advanced Oral Health Spray** to refresh your mouth and throat regularly.
- Do **NOT** allow pets in your room. **Pet Paks** are available – includes shampoo, rinse, treats, drops, etc.
- Wear your **Personal Ionic Air-Refresher Unit** when you go into places you suspect may be contaminated and during flu season.
- Your Car
 - Plug in the **Car Diffuser** treated with CitriSafe Air Bio-balancing Solution.
 - Lightly spray the inside of the car with NBCC.
 - To treat the Air Conditioner/Heater, turn your fan on high using the car's Air Climate Control System .
 - Press each button (see car manual) until the vents are sucking air into the car from the outside through the vent near the windshield wiper. Do not use re-circulated air.
 - Pass a tissue over the outside vents next to the windshield. Where the tissue sucks down into the vent is where you spray a large amount of NBCC on both sides of the windshield.
- As you begin to feel better, ask your doctor about other CitriSafe™ products and protocols.

