

CITRICIDAL DIRECTIONS:

Dilute 4-12 drops in 300ml of water or juice, stir thoroughly. Consume 30 mins before or 2 hrs after meals, 1-3 times a day (children over 8 yrs, half dose) or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Mouthwash: Dilute 4-12 drops in 300ml of water, stir thoroughly. Swish and/or gargle in mouth for 10 secs, then rinse with water.

Scalp care: Dilute 4-12 drops in shampoo for each use. Rinse thoroughly.

For other uses, see enclosed leaflet.

INGREDIENTS:

Citricidal grapefruit seed extract (34%) (glycerine, antioxidant: ascorbic acid); vegetable glycerine.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, starch, sugar, wheat, yeast.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Higher Nature, Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com

higher nature

CITRICIDAL GRAPEFRUIT SEED EXTRACT

ULTIMATE NUTRITION
FOOD SUPPLEMENT
100ml

WARNING:

Irritating to eyes and skin. **Never use undiluted**, never put in or near eyes. In case of contact, flush thoroughly with water and seek immediate medical assistance. If undiluted and contacts skin, wash with water for 10 mins. Follow instructions carefully as diluting Citricidal incorrectly can cause irritation.

Made from citrus fruit.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

Best before end: see base.



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CITRICIDAL GRAPEFRUIT SEED EXTRACT

ULTIMATE NUTRITION

FOOD SUPPLEMENT

100ml

CITRICIDAL

DIRECTIONS:

Dilute 4-12 drops in a full glass (300ml) of water or juice, stir thoroughly. Consume 30 mins before or 2 hours after meals, 1-3 times a day (children over 8 years, half dose) or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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