

Diatomaceous Earth

HUMAN FOOD GRADE - DAILY DOSAGE

Daily silica needs of humans are 20-30 mg. In years past, our bodies would get enough silica from our diet. Unfortunately, many of the foods we now eat have lost their nutritional value due to soil nutrient depletion and food processing. Supplemental use of Diatomaceous Earth is essential to total body health.

Take 1-2 tablespoons per day mixed with liquid or food. There is no unpleasant taste. Since it will not dissolve, stirring several times while drinking will prevent settling. I and my family take 1 heaped tablespoon per day and mix it with yogurt. Some customers put DE in protein shakes or applesauce.

You may experience higher energy levels with DE usage, so it is probably better not to take it just before sleeping.

There is no need to worry about taking too much - any excess silica not needed by the body is automatically eliminated through the blood stream, kidneys and intestines.

As with any dust or fine powder – avoid inhalation as it can create irritation in the lungs. Avoid contact with eyes.

ANIMAL FOOD GRADE - DAILY DOSAGE

Continue for 60 days to cover the full parasitic cycle.

Cats	1 teaspoon
Kittens	1/2 teaspoon
Dogs under 50 lbs.	2 teaspoons
Dogs over 50 lbs.	1 tablespoon
Dogs over 100 lbs.	2 tablespoons
Cattle	2% by weight of feed dry ration
Calves	4 grams in morning
Dairy cattle	2% by weight of dry ration
Chickens	5% of dry feed ration mixed in feed
Hogs	2% of weight of feed ration
Horses	1 cup (approx 200g) in daily ration
Sheep	1% of weight of feed ration in ground grain
Goats	1% of weight of feed ration in ground grain

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Any liability for any damage or injury or failure in performance from the use of any product for any purpose beyond or apart from its stated use is the responsibility of the person who purchases or uses it for such other purpose.

Diatomaceous Earth Ireland 

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