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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **t\_mouthwash.**  **a.2018\_10\_22.docx** | NOTE | Speed | Mothwash A14  10/16/2018  x16 | x2 | final %  (start ) | Mothwash A12  10/1/2018  x16 | x1 | final %  (start ) | Mothwash A10  9/7/2018 | final %  (start ) | Mouthwash A8  8/17/2018 | final %  (start ) | 4x concentrate | /12 | Mouthwash7  4/27/2018 | final %  (start ) | 4x concentrate | /12 | Muth Shower 6 3/30/2018 | final %  (start ) | Mouth Shower 5  2/17/2018 | final %  (start ) | Mouthwash 4  2/17/2018 | final %  (start ) | Mouthwash 3  1/21/2018 | Mouthwash 2 10/28/2017 | % | Gums 11  10/28/2017 |  | Gums 10  10/25/2017 | % | **Gums 9**  1/22/2017 |  | **Gums 8**  1/20/2017 |  | **Gums 7** 1/3/2017 | % | **Gums 6** 12/24/2016 |  | Gums 5 12/16/2016 |  | Gum 4: 12/1/2016 | Gum 3 : 11/19/16 |  |
| Directions |  |  |  |  |  |  |  |  |  |  |  |  |  | MW8 |  |  |  | MW7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Note |  | S | MW A14 |  |  | MW A12 |  |  | MW A10 |  | MW8 |  |  |  | MW7 |  |  |  | MW6 |  | MW5 |  | MW4 |  | MW3 | MW2 |  |  |  |  |  | G9 |  | G8 |  | G7 |  | G6 |  | G5 |  |  |  |  |
| **pH!** |  |  |  | **7.5** |  | **6.0** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rating |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 0!! |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Final Volume ml |  |  | 1 gallon | 16 oz |  | 1 gallon | 8 oz |  | 3 qt (96 oz) |  | 3 qt (96 oz) |  | 3 qt | 8 oz | 3 qt (96 oz) |  | 3 qt | 8 oz | 3 qt |  | 3 qt |  | 3 qt |  | 3 qt | 2 qt |  | 60 |  | 20 |  | 28 |  | 29 |  | 25 |  | 25 |  | 25 |  |  |  |  |
| Doses @ 2 tsp/dose |  |  |  | 48 |  |  | 24 |  |  |  |  |  |  |  |  |  | 192 | 16 | 192 |  | 192 |  | 192 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| H2O2 volume = |  |  | 16 oz | **2 oz** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| +H2O2 3% OR |  |  | 10.72 oz +  5.28 oz water | **1.33 oz + 0.67 oz water** | **0.25% = 2500 ppm** |  | **0.66 oz =**  **4 tsp** | **0.25% = 2500 ppm** | 16 oz | **0.5 % = 5000 ppm** | 16 oz | **0.5 % = 5000 ppm** | 16 oz | 1.3 oz | 16 oz | **0.5 %** | 16 oz | 1.3 oz | 1 qt | **1.0 %** | 1 qt | 1.0 % | 1 qt | 1.0 % | 1 qt | 32oz | 1.5 |  |  |  |  | **5d** | **0.03%** |  |  | 5d | 0.03 | 5d | 0.03% | 5d | 0.03% |  |  |  |
| + 35% /final% |  |  | 27.44 ml +  15.1 oz water | **3.42 ml +**  **1.85 oz water** |  |  | **.057oz = 1.71 ml** |  |  |  |  | 3.25ml |  |  | 3.25ml |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| = Dilutant Total |  |  | 112 oz | 14 oz |  |  | 7.33 oz |  | 2.5 qt  (80oz) |  | 2.5 qt  (80oz) |  | 2.5 qt  (80 oz) | 6.7 oz | 2.5 qt  (80oz) |  | 2.5 qt  (80 oz) | 6.7 oz | 2 qt |  | 2 qt |  | 2 qt |  | 2 qt -  3 oz | 32oz |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| + Water add ^ |  |  | 96 oz | 12 oz | --- |  | 6.33 oz | --- | 1.5 qt = 48 oz | --- | 1.5 qt = 48 oz | --- | 2 qt =  64 oz | 5.3 oz | 1.5 qt = 48 oz | --- | 2 qt =  64 oz | 5.3 oz | 1 qt | --- | 1 qt | --- | 1 qt | --- |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Water start ^ |  |  |  |  |  |  |  |  | 1 qt -  3.75 ml - dry solutes or - 285.8 ml  (250+32+3.8) |  | 1 qt -  3.75 ml - dry solutes or - 285.8 ml  (250+32+3.8) |  | 16 oz - 3.75 ml -dry solutes or -285.8 ml wet solutes | 1.33 oz | 1 qt -  3.75 ml - dry solutes or - 285.8 ml  (250+32+3.8) |  | 16 oz - 3.75 ml -dry solutes or -285.8 ml wet solutes | 1.33 oz | 1 qt -  3.75 ml - dry solutes or - 285.8 ml  (250+32+3.8) |  | 1 qt - 3.75 ml - solvents |  | 1 qt - 3.75 ml - solvents |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Concentrate |  |  | 16 oz | 2 oz |  | 16 oz | 1 oz |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Aloe, ml |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 25 |  | 25 |  | 20 |  | 20 |  | 20 |  |  |  |  |
| DMSO |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ethanol 95% |  |  | 8d | 1d | .01% |  |  | .01% | 6d | .01% | 6d | .01% | 6d |  | 6d | .01% | 6d |  | 6d | .01% | 6d | .01% | 6d | .01% |  |  |  | 10d |  | 3d | 0.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Iodine 2% d/final% |  |  | **4.8 ml** | **12 d** | **.0025% =**  **25 ppm** | **15.94 ml** | **0.996 ml** | **.0083% =**  **1.04 ppm** | 30d = 1.5 ml | .**0083% = 83 ppm** | 14.4d=0.72 mll | .**00005 % = 0.5 ppm** |  |  | 28..44 ml l | .0001%= 1 ppm |  |  | 28.8d=1.44ml |  | 28.8d = 1.44ml |  | 1.44ml | .001 |  |  |  | 3d |  | 1d |  | 1d | **0.0035** | 1d | **0.004%** | 1d | **0.004** | 1d | **0.004** | 2d | **0.008%** |  |  |  |
| Lysine gm ?? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bicarb, pH ~8.0, | D |  | 6.4 gm | 0.8 gm | 0.167% |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1/2 |  | **1/2** |  | **1/2** |  | 3/8 |  | 1/4 |  |  |  |  |
| Salt, tsp\* | D |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1/8 |  | 1/8 |  | 1/8 |  | 1/8 |  | 1/8 |  |  |  |  |
| Niacinam, 30%, ml /final |  |  |  |  |  |  |  |  | **16 ml** |  | 32 ml |  | 32 ml |  | 32 ml |  | 32 ml |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 ml | **3.6%** | 2 ml | **4%** | 2 ml | **4** | 2 ml | **4%** | 2 ml | **4%** |  |  |  |
| or gms @ 25 mg/dose | D |  | **9.6 gm** | **1.2 gm** | **0.25%** | **9.6 gm** | **600 mg** | **0.25%** | **4.8 gm** | **0.17%** | 9.6 gm | 0.33% | 9.6 gm |  | 9.6 gm | 0.33% | 9.6 gm |  | 9.6 gm | 0.33% | 9.6 gm | 0.33% | 86.4 | 3% (9) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Phenol 1.4%, d/final% |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ? |  |  |  | ? |  | ? |  | ? |  |  |  |  |  |  |  | **4d** | **0.01%** | 5d | 0.012% | 5d | 0.014 | **5d** | **0.02%** | **10d** | **0.03%** |  |  |  |
| Xylitol 30% ml |  |  |  |  |  |  |  |  | 320.5 ml = 10.8oz |  | 320.5 ml = 10.8oz |  |  |  | 320.5 ml = 10.8oz |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| or gms @ 500 mg/dose | D |  | **192 gm** | **24 gm** | **5%**  **(40% in conc)** | **192 gm** | **12 gm** | **5%**  **(40% in conc)** | 96 gm | 3.3% (9.9) | 96 gm | 3.3% (9.9) | 96 gm |  | 96 gm | 3.3% (9.9) | 96 gm |  | 96 gm | 3.3 (9.9) | 96 gm | 3.3 (9.9) | 96 gm | 3.3 (9.9) | 33.4 gm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vit C Oil | VC |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | -- |  | 1d |  | 1d |  | 1d |  |  |  |  |  |  |
| Vit E |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | -- |  | 1d |  | 1d |  | 1d |  | 1d |  |  |  |  |
| Vitamin K |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Glycerine, ml |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Squalene |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beta Carotene |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Retinol |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| EO B+C d**/% in Final** |  |  |  |  |  |  |  |  | 2.0 ml |  | 2.0 ml | .07% | 2.0 ml |  | ~2.0 ml | .07% | ~2.0 ml |  | ~2.0 ml | .07% | ~2.0 ml | .07% | ~2.0 ml | .07% | 1.5 ml | 30 | 0.15 |  |  |  |  | **16d** | **0.57** | **30d** | **1.03%** | **46d** | **1.67** | **23d** | **0.83%** | **11d** | **0.41%** |  |  |  |
| EO Blend +Carrier Totl |  |  | **52 d** | **13 d** | **.068%** | **56 d** | 3.5 d | .074% | 40 d |  | 40 d |  | 40d |  | 39d |  | 39d |  | 39d |  | 39d |  | 39d |  | 1.5 ml |  |  |  |  |  |  | **2.5ml** |  | 5 ml |  | 5 ml |  | 5 ml |  | 5 ml |  |  |  |  |
| EO Blend Carrier |  |  | 0 |  |  | 0 |  |  | 0 |  | 0 |  |  |  | 0 |  |  |  | 0 |  | 0 |  | 0 |  |  |  |  |  |  |  |  | **E** |  | E |  | E |  | E |  | E |  |  |  |  |
| EO Blend Carrier ml |  |  | 0 |  |  | 0 |  |  | 0 |  | 0 |  |  |  | 0 |  |  |  | 0 |  | 0 |  | 0 |  |  |  |  |  |  |  |  | **2 ml** |  | 4 ml |  | 4 |  | 4 |  | 4 |  |  |  |  |
| EO Total D/% in carrier |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **10d** | 20 | 20d | 20% | 22d | 22 | 22d | 22% | 22d | 22% |  |  |  |
| Cinnamon Oil |  |  | **6** |  |  | **6** |  |  | **4** |  | 6 |  | 6 |  | 6 |  | 6 |  | 6 |  | 6 |  | 6 |  | 5 | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Clove Oil |  | 3 | **6** |  |  | **6** |  |  | **4** |  | 3 |  | 3 |  | 3 |  | 3 |  | 3 |  | 3 |  | 3 |  | 2 | 2 |  |  |  |  |  | -- |  | 4 |  | 2 |  | 2 |  | 2 |  |  |  |  |
| Eucalyptus |  | 3 | **6** |  |  | **6** |  |  | 6 |  | 6 |  | 6 |  | 6 |  | 6 |  | 6 |  | 6 |  | 6 |  | 5 | 5 |  |  |  |  |  | 1 |  | 2 |  | 2 |  | 2 |  | 2 |  |  |  |  |
| Fennel |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Frankencense |  |  | **2** |  |  | **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  | 2 |  | 2 |  | 2 |  | 2 |  |  |  |  |
| Geranium (Rose) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ginger |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lavender (English) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **2** |  |  |  |  |  |  |  |  |  |  |  |  |
| Myrrh |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Oregano |  | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  | 2 |  | 2 |  | 2 |  | 2 |  |  |  |  |
| Peppermint |  | 5f | **10** |  |  | **12** |  |  | **10** |  | 12 |  | 12 |  | 12 |  | 12 |  | 12 |  | 12 |  | 12 |  | 10 | 10 |  |  |  |  |  | 1 |  | 2 |  | 2 |  | 2 |  | 2 |  |  |  |  |
| Rosemary Oil |  | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  | 1 |  | 2 |  | 2 |  | 2 |  |  |  |  |
| Sandalwood |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spearmint |  |  | **6** |  |  | **6** |  |  | **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tea Tree |  | 3 | **4** |  |  | **4** |  |  | **4** |  | 3 |  | 3 |  | 3 |  | 3 |  | 3 |  | 3 |  | 3 |  |  |  |  |  |  |  |  | 2 |  | 3 |  | 4 |  | 4 |  | 4 |  |  |  |  |
| Thyme |  | 3 | **4** |  |  | **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  | 1 |  | 1 |  | 1 |  | 1 |  |  |  |  |
| Turmeric | T | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **--** |  | 1 |  | 2 |  | 2 |  | 2 |  |  |  |  |
| Wintergreen |  | 4 | **10** |  |  | **10** |  |  | **8** |  | **10** |  | **10** |  | 9 |  | 9 |  | 9 |  | 9 |  | 9 |  | 8 | 10 |  |  |  |  |  | **--** |  | 2 |  | 1 |  | 1 |  | 1 |  |  |  |  |

**MW14: diluted H2O2 to make more practical**

**MW6-7 incorrect iodine 1.8 ml (36d) caused: 1) iodine taste, 2) release of o2, 3) less duration of pink, 4) less sweetness/peppermint/wintergreen 1.8/1.44 = 1.25**

**1 gal = 128 oz = 3785.4 ml = 75,700 drops; 1 ml in 1 gallon = 0.0264% (= 264 ppm); 1 drop in 1 gallon = 0.00132% = 13.2 ppm**

**3 qts = 32 x 3 = 96 oz = 2880 ml. 2.88 ml in 288 ml = 1%; 2.88 ml in 2880 = 0.01% x .02 = .0002% = 2 ppm**

**D:** Dry, volume not included in total or %; **I:** kill = 0.01%=100 ppm, antiseptic = 0.00125% CI = 0.3%; **S: Speed**, 1-5, 5= fast, T=yellow color; VC : Vit C Ester = Tetrahexyldecyl Ascorbate

1 dram = 3.7 ml (1/8 oz)

12 drops in 12 ml = 5%; 6 drops in 1 oz = 1% ; 24 drops in 60 ml = 2%; 3qts = 96 oz = 2880 ml = 57,600 drops.

1 drop in 3 qts = .00174% = 17.4ppm;

**Iodine Kill = 100 ppm = .01%, Disinfectant = 12.5 ppm = .00125%**

**MW4 Horrible, niacinamide and/or iodine ruined it!**

: 1) Boil distilled water 2) Measure niacinamide and xylitol in beaker, 3) Add water, start w 400 ml, add, iodine, ethanol, oils, add water to 16 oz or 480 ml ( = 2x)

To mix 16 oz: 2.67 oz of 4x concentrate + 8 oz water > 10.7 oz, dilute w 5.3 oz H2O2 for 16 oz

To make a 1 qt ( to 1.5 qt) Concentrate: 8 oz of 4x concentrate, + 24 oz water > 32 oz , dilute w 16 oz H2O2 for 48 oz @ 16 oz/m

**MW3:** Added 0.5 gm xylitol per rx (32 oz > 64 Rx) = 32 gm = 88.5 ml @38%, divide EO's by 3 qts rather than 2; more cinnamon.

**Xylitol 38%:** 75 gm in 150 ml, dilute to 195

**MW2:** Too strong initially, halved the concentration by doubling volume. d **G10:** Might have been better

**Directions MW 14 10/22/2018**

**Makes #16 units of 8 oz each, = 1 gallon, 128 oz**

|  |
| --- |
| **Prep:**  **Print 16 labels for bottles.**  Prepare 16 8oz containers, put on labels.  Prepare 1 16 oz container for activator.  Boil 1 liter water  Measure out 192 gm xylitol  Measure out 9.6 gm niacinamide  Measure out 5.6 gm baking soda  Prepare EO mixture.  Fill each 8 oz squeeze bottle with 6 oz distilled water.  **Start w 12 oz hot water in bottle**  Add xylitol powder, 192 gm  Add niacinamide powder, 9.6 gm  Add baking soda, 5.6 gm  Add 2% Lugols, 2.4 ml **OR** 5% 0.96 ml  Add Ethanol 95%, 8d  Add EO mixture, 52d:  Cinnamon, 6d  Clove, 6d  Eucalyptus, 6d  Frankincense 2d  Peppermint, 10d  Spearmint, 6d  Tea tree, 4d  Thyme, 4d  Wintergreen, 8d  Add Water to 16 oz (480 ml) = concentrate  Divide 16 oz into 16 x 8oz containers = 1oz (30 ml) per container to total 7 oz/container  Activator, to make 16 oz:  Mix 27.44 ml **35%** H2O2 with 15.1 ml water OR  10.72 oz **3%** H2O2 with 5.28 oz water |

Cost

8 oz squeeze bottle $1.50

H2o2 35%, 1.7 ml $0.05 (1 gal = 3840 ml = $50.00)

Ingredients $2.00

Labor $5.00

Cost $8.55 Price $18.95