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[First Aid & Hygiene](#)

## How to Make Sugardine Antiseptic



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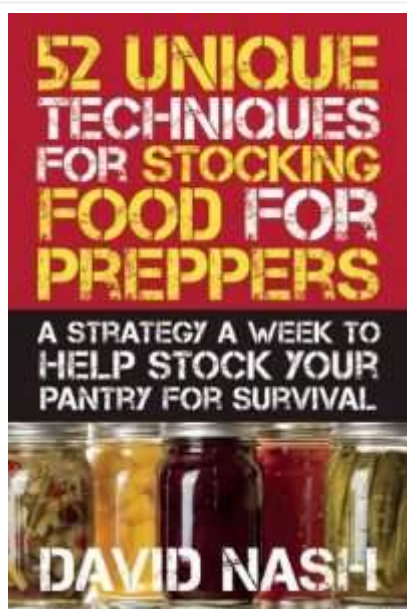
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Sugardine antiseptic is well known to many who deal with horses, however, it is rarely discussed for use in people. Now, read my [disclaimer](#) and realize I am not a doctor, so do your own research.

Basically sugardine is an antiseptic that uses the antibacterial properties of both pure sugar and iodine to prevent and kill infections. It is primarily used to treat abscesses and thrush on the hooves of horses, but it can be used in many other ways. As a side benefit to the prepper, it is cheap and easy to make as well as being effective if used properly.

This post will show you how to make sugardine antiseptic – its not hard, and its pretty cheap.

While it is true that a dilute sugar solution will feed bacteria and mold – its how we get all sorts of good alcoholic drinks, when sugar is highly concentrated it sucks the moisture right out of bacteria so that it cannot live. Have you ever had white table sugar grow any bacteria or fungus while it's just sitting out on your counter?

When you add the iodine to make a paste, the iodine provides not only a second line of defense, but holds the sugar together so you can pack it around the wound. Otherwise, just sprinkling sugar on the wound would not hold enough sugar to keep the blood and other fluids from diluting enough so that it would feed the infection instead of killing it.

Basically, if you have a soft tissue wound like a cut, abscess, or burn, you would put the sugardine on the wound and cover with a bandage. If the wound is leaking, you want to replace the sugar on a regular basis as if you let it get waterlogged; it will do more harm than good.

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When making the sugardine, its best to start with the an amount of sugar close to the amount of finished product you want and slowly add the betadine or Povidone until you get the thick peanut butter texture. Otherwise, you will most likely use too much liquid and have to add sugar repeatedly until you end up with way more sugardine that you intended.

## Ingredients:

- Table Sugar
- 10% povidone iodine (or the more expensive but easier to find betadine)

# Procedure:

1. mix one part 10% povidone iodine to two parts white sugar.  
Add more or less sugar to reach desired consistency.  
It should be like thick honey or peanut butter when all mixed together.
2. Put the sugardine in a container with a lid.

The mixture will need stirring now and then but it will never go bad.

For more information and as a means to find more resources, please look at the attached article from the American Farriers Journal.



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Nelson McKinnon

I used it on my horse in sick stall when riding in Regina Saskatchewan Canada.  
Another very useful product is Coloidal silver. Grandparents made it in the 1940's

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Irene

You said in your video that large amounts of iodine on the body is lethal. How large an amount? Obviously what you've mixed here is safe?

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Zapatocaballo

Including Dr. Sheffield's Triple Antibiotic Ointment (Neosporine) from the Dollar Store, will thicken and strengthen this recipe.

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[tiqqer](#)

This works. I have used it for many wounds. I am actually using it right now for a cat bite I received.

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