

THE COLLOIDAL SILVER SAFE DOSAGE REPORT



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The Ultimate Colloidal Silver Manual

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Part I: Is Colloidal Silver Safe to Use?

Overall, colloidal silver's record of safety is similar to any other nutritional supplement. But according to the experts there are some pitfalls – particularly when colloidal silver is used abusively. We'll take a look at that topic in this article...

Is colloidal silver safe to use?

This is probably the most frequently asked question I get from people interested in using colloidal silver.

But many people tend to couch that question in terms that indicate to me what they *really* want to know is “Can I use *as much colloidal silver as I want*, safely?”

I tend to re-word the question for them, by asking, “Do you mean you want to know if it's safe to take *excessive* or *abusive* amounts of colloidal silver?”

Hopefully, that way they'll understand there *is* such a thing as taking excessive or abusive amounts.

This is important, because some people tend to become *obsessive* about colloidal silver usage, taking larger and larger amounts over long periods of time.

I've never understood this. But I've *seen* it. So I'd like to address that topic in this article, from a journalistic perspective.

Of course, I'm not a doctor. I'm a natural health journalist. So I can't vouch for the safety (or lack thereof) of *any* substance.

All I can do is report on what I've learned as a journalist in the course of some 15 years of journalistic research and writing on natural health topics, including interviews with many hundreds of colloidal silver users and natural health advocates, and of course, using colloidal silver extensively myself during this time.

Considered Safe...But!

[Colloidal silver](#) is sold in just about every health food store in America, and throughout Canada and Mexico, parts of Europe as well as by hundreds of online vendors worldwide.

Millions of people use it annually. And its safety profile is considered to be similar to any other nutritional supplement. If used as directed, as a mineral supplement, it's generally considered safe.

What's more, throughout Europe preparations of silver (generally in the form of colloidal silver) are used worldwide as a water disinfectant, to help prevent microbial contamination.

For example, it's widely used on [yachts](#) and [cruise ships](#).

It's also been used in [municipal drinking water systems](#) to reduce excessively high microbial counts.

And it's even been used by the [NASA and Russian space programs](#) to help prevent contamination of the water supply.

What's more, it's widely used as a water disinfectant in homes throughout countries like Mexico and others, as evidenced by this news report from The Silver Institute, an organization that reports on the many uses of silver worldwide:

“Since 1955, with the approval of the Ministry of Health of Mexico, Microdyn, a silver colloid, with a particle size of about 2 manometers, has been used to provide healthful water for its citizens.

‘A few drops of Microdyn available in small bottles provides sufficient silver to disinfect clear drinking water in about 10 minutes,’ states Luis Arizcorreta Buchholz, president of Roland de Mexico, S.A, de C.V, Mexico D.E, Mexico.

It's a convenient disinfectant for individual use in areas wherever tap water is suspect.

...Its use is credited with a dramatic improvement in the health of the residents of the town of Cruz Azul, Lagunas, Oaxaca, Mexico, who for years had suffered rampant gastroenteritis.

The introduction of a Microdyn coating to the town's water supply cisterns in 1977 made the difference. Other local water supply systems treated with Microdyn achieved similar results.”

Potters for Peace, as well as other organizations that help provide safe drinking water in developing nations have been [infusing colloidal silver into ceramic water filters for years](#). This, as a means of giving poor people in remote villages where there's no running water, access to clean, safe water disinfected of any potentially harmful microbes.

And for decades here in North America a number of companies have manufactured and sold home water filters infused with colloidal silver, to help keep germs and other potentially harmful microbes from fouling the water supply.

The list goes on and on, but I think you get the point: Colloidal silver has been used in numerous ways, widely – and quite safely – for decades.

There's No Such Thing As a "Safe" Nutritional Supplement If Used Abusively

That said, there's no "safe" nutritional supplement on the face of the earth, *if a person uses it in excess.*

For example, experts say the mineral iron, if used in excess, will cause your body's tissues and organs to accumulate iron, and eventually your tissues and organs will begin to "rust" (for lack of a more scientific term) causing untold damage to the body.

It is said the mineral selenium, if used in excess, will cause nervous system damage, convulsions and even death.

Similarly, the mineral calcium, if used in excess, will cause calcification of soft tissue within the body, cellular toxicity and even heart disease.

Excessive use of vitamin A can cause liver damage, anemia and other problems.

I could go on and on, through each and every nutritional supplement on the market. But once again, I think you get the picture.

According to experts, all of these above-mentioned substances are highly beneficial to the human body when used within reason. And all of them are *potentially harmful when used in excess.*

Nutritional supplements – including colloidal silver – are used daily, for years on end, by millions upon millions of people, with practically [zero harm](#) *when used as directed, and with common sense and sanity.*

But there's not *a single substance on earth* that can't cause harm to the human body at some excessive or obsessive level of usage.

As Paracelsus, a physician living over 400 years ago who is often referred to as the "Grandfather of Pharmacology," wisely observed, "The dose is the poison."

In other words, a little bit might be very beneficial, but too much can be toxic.

Same For Colloidal Silver – Use Common Sense!

Point being, like any other supplement you should use colloidal silver wisely, with mature discretion.

If you were taking a daily multi-vitamin/mineral supplement, and it made you feel better, you wouldn't say to yourself, "Well, one capsule a day of this supplement makes me feel great, so I think I'm going to start taking a half bottle per day." Right?

Your common sense would override that impulse as being unreasonable. Same with colloidal silver.

If you take a teaspoonful of colloidal silver per day, or as some do, up to an ounce a day, and it makes you feel better, you wouldn't start drinking an entire 8 ounce glass of colloidal silver a day for the rest of your life, just because the standard daily dose made you feel better. Right?

Unfortunately, some people who take colloidal silver do *exactly* that. They get on the internet and find web sites on colloidal silver written by numbskulls who claim you can take colloidal silver daily, at ANY dosage level you want, for the rest of your life, and it won't cause any harm. And they begin drinking it in high daily dosages as if their very life depended upon it.

But the idea that colloidal silver is safe no matter what amount you drink, or how long you drink it, is utter poppycock, of course.

And you'd likely recognize it as poppycock if you were reading that you could safely take an entire bottle of vitamins per day, or an entire bottle of laxatives per day, or eat an entire bag of sugar per day.

But for some reason, some people honestly believe you can drink all of the colloidal silver you want, and it can't hurt you. They don't recognize it as poppycock when it pertains to colloidal silver. Why? I honestly just don't understand it.

Once again, the truth is, *anything* you overindulge in on a regular basis will cause problems at some point. Maybe not in six months, or one year, or even two years, but at some point down the line it's going to result in a problem.

Let's look, from a journalistic perspective, at some of the potential problems that could occur with excessive, long-term colloidal silver usage:

That Thing Called Argyria

According to the EPA (see quotes in [this article](#)), the *main* problem with colloidal silver is that when taken in excess for long periods of time, argyria can result.

Apparently, the body gets overwhelmed with silver particles and will start storing some of the excess silver particles inside the tissues.

In medical studies, researchers have demonstrated that the silver can accumulate in outer layers of tissue, and even in organs. (This is true, by the way, for just about any mineral supplement used in excess, including iron, copper, selenium, etc.)

But for some reason, with silver, the body will start trying to push the excessive silver accumulation out to the skin, which is your body's third major organ of elimination. (For example, this is why kids get pimples; the body pushes toxins out to the skin to get rid of them.)

But unlike other substances that might get stored in the body and even pushed out to the skin, the tiny submicroscopic silver particles end up getting *sequestered* in the skin, tightly bound to sulfide groups in the tissue.

And because silver tarnishes when it's exposed to bright light, any exposure to sunlight can literally turn the silver-embedded skin gray, and sometimes even blue.

This is called *argyria*, or silver skin staining. And according to researchers in the Environmental Protection Association it's the chief side effect of long-term excessive use of colloidal silver, or silver of any kind.

Here's an excerpt from what EPA has stated in their document titled "**Silver (CASRN 7440-22-4)**":

"The critical effect in humans ingesting silver is argyria, a medically benign but permanent bluish-gray discoloration of the skin.

Argyria results from the deposition of silver in the dermis and also from silver-induced production of melanin.

Although silver has been shown to be uniformly deposited in exposed and unexposed areas, the increased pigmentation becomes more pronounced in areas exposed to sunlight due to photoactivated reduction of the metal.

Although the deposition of silver is permanent, it is not associated with any adverse health effects. No pathologic changes or inflammatory reactions have been shown to result from silver deposition.

Silver compounds have been employed for medical uses for centuries. In the nineteenth and early twentieth centuries, silver arsphenamine was used in the treatment of syphilis; more recently it has been used as an astringent in topical preparations.

While argyria occurred more commonly before the development of antibiotics, it is now a rare occurrence. Greene and Su (1987) have published a review of argyria." [Underlining mine. – ED]

Argyria Removal

Some experts say long-term colloidal silver users should watch for the pink of their gums to start turning grayish blue, indicating excessive colloidal silver usage.

Other say the lunula of the fingernails (the little white part at the bottom of your fingernails that looks like a half moon) will begin to become discolored, once again indicating excessive colloidal silver usage.

According to these experts, if you initially see that kind of skin staining occurring in those areas of your body, it's an indication you're taking too much colloidal silver and should refrain from further usage.

What's more, according to the experts, argyria is like a permanent tattoo of the skin. Sometimes small patches of argyria occur in different places on the body. And sometimes a person's entire facial area can become stained. So can one's hands and feet, as the body tends to push excess silver to the extremities for some reason.

What's more, there's no "cure" for argyria. The skin staining is widely considered to be permanent. According to clinical studies I've read, even chelation therapy, which helps draw minerals from the body, is ineffective for removing argyria.

However, the good news is this:

In recent years some intrepid medical researchers have found that using a form of laser tattoo removal can get rid of many cases of argyric skin staining.

And there are now at least two practitioners I've recently become aware of in the U.S. who have successfully used the laser tattoo removal technique to help get rid of argyric skin-staining.

Other Potential Problems With Excessive Colloidal Silver Usage

Some experts also say excessive use of colloidal silver over long periods of time can harm kidney function through some kind of unexplained toxic effect.

While there have been no clinical studies I know of to prove this, there *is* some strictly anecdotal information, i.e., patients who have been found through blood tests to have kidney function problems, and who were also taking large amounts of colloidal silver for long periods of time.

Colloidal silver tends to get the blame in rare cases like this, even though the person may also have been a heavy drinker, or may have been taking prescription pain medications that can harm the kidneys, or may have been doing any number of other things that can harm the kidneys.

As soon as a doctor hears “I’m taking colloidal silver,” it seems the silver *automatically* gets blamed and all other potential causes (particularly doctor-prescribed medications) tend to be ignored.

As Dr. Gary Connett wrote in the *Journal of the Royal Society of Medicine* in 2007, “Case reports have described possible nephrotoxicity and neurotoxicity, but these have not been substantiated by studies in animal models.” (See *J R Soc Med* 2008: 101: S51–S52. DOI 10.1258/jrsm.2008.s18012.)

In other words, doctors have *speculated* that silver usage has caused harm to human kidneys and the human nervous system based on individual case reports, but that speculation has apparently not yet been proven to be true when silver is actually tested on animals to see how it affects the internal organs.

This doesn’t mean the colloidal silver is being unjustly blamed. It just means that at this point, there’s only anecdotal information to support the idea that excessive colloidal silver usage can damage kidney function. So we await a good clinical study to clarify if it’s true or not. And meanwhile, for the sake of safety, it’s always best to err on the side of caution.

Are there other potential problems with taking excessive amounts of colloidal silver? There’s one study that says an 80-some year old man using relatively large amounts of colloidal silver daily for a long period of time started having monoclonal seizures.

Of course, the doctors blamed the silver. But did it actually cause the seizures? To the best of my understanding, the doctors weren’t able to explain a pathway through which orally ingested colloidal silver could cause such seizures. And there have apparently been no other verified clinical cases of colloidal silver usage being associated with seizures.

Web sites such as WebMD.com are now claiming that colloidal silver usage “might” interfere with the body’s uptake of thyroid medication or certain antibiotics. Here’s what WebMD says about colloidal silver and thyroid medication:

“Colloidal silver might decrease how much levothyroxine the body absorbs. Taking levothyroxine along with colloidal silver might decrease the effectiveness of thyroxine.”

The problem is, I can’t find a single clinical study that backs up the claim with clinical evidence. Not one. I’ve searched the internet and cannot figure out why this claim is being made. Again, that doesn’t mean it’s not true. It just means we really need to see what this claim is being based upon, in order to analyze it.

My wife takes thyroid medication, and of course uses colloidal silver from time to time. In ten years, she’s never had a discernible problem with taking the two substances. However, she generally takes her thyroid meds first thing in the morning and her

colloidal silver in the evening before bedtime. She doesn't take them together. So that may be why she's had no problem with taking the two. (By the way, that's a journalistic observation, *not* a prescription.)

Another web site says:

“The list of drugs that have been identified as being reactive with colloidal silver includes tetracyclines, thyroxine, quinolones and penacillamine.”

I find it interesting that a Brigham Young University [study](#) found quite the opposite, i.e., colloidal silver added to a number of different prescription antibiotic drugs *increased* the antibiotic effectiveness of the drugs.

So once again, many observers feel the jury is still out on the claim that colloidal silver interferes with the effectiveness of certain medications. But could it be *excessive levels* of colloidal silver that interfere with the effectiveness of certain prescription drugs? It will take additional clinical studies to sort out the truth.

Nevertheless, the point is this: Excessive usage of colloidal silver can indeed include some potential pitfalls. Like any other nutritional supplement – or any other substance on the face of the earth, for that matter – colloidal silver should always be used in moderation, with common-sense. And it certainly won't hurt to let your doctor know you're using it so he can double-check the medical literature to make sure there's no potential contraindication with your current medications. This is common sense.

Others well-known experts, like Dr. Jonathan Wright, M.D. say you should always make sure you have plenty of antioxidant nutrients in your diet when you're taking colloidal silver, to help prevent potential toxicity. According to a report from Dr. Wright:

“Silver belongs to the family of metals that also includes copper and gold (both of which can also have numerous health benefits when they're used properly).

One of the primary concerns people tend to have about using these metals is the risk that they'll accumulate in the body and lead to heavy metal toxicity.

But if you have plenty of antioxidants in your diet, such as selenium, vitamin E, and amino acids like N-acetyl cysteine, you're safe from any harmful effects from this family of metals. Germs, however, are not.”

– Dr. Jonathan Wright, MD

Obsessive, Abusive Use of Colloidal Silver

How often does argyria or silver toxicity occur?

Not very often. It's estimated that tens of *millions* of people worldwide take colloidal silver, or are exposed to it through water disinfection processes or other means.

And to the best of my understanding from the medical literature, there are only a few hundred people at any one time who suffer from skin staining or other medical issues from silver exposure in spite of such widespread colloidal silver exposure.

As the EPA stated in the document from the quote above: "*While argyria occurred more commonly before the development of antibiotics, it is now a rare occurrence.*"

Many experts say the reason cases of argyria have declined – even though the public use of colloidal silver has skyrocketed – is because silver *compounds* that were commonly used in the early 19th century were responsible for most cases of argyria, and those silver compounds are no longer widely used. Instead, electrically generated colloidal silver is now more commonly used.

But there are *still* cases of argyria on the records apparently caused by usage of modern-day electrically generated colloidal silver, as evidenced by the recent colloidal silver blue man who [appeared on television](#) some years back.

In most of the documented cases I've seen written up, the individuals stricken with argyria [openly admitted](#) taking excessively concentrated batches of colloidal silver, or excessive amounts of colloidal silver, daily, for long periods of time.

In other words, it was OBSESSIVE and ABUSIVE use of colloidal silver that caused the problems.

The media tends to make a circus out of cases of argyria – parading the victims onto various television news shows – because of course becoming ashen gray, or even blue, is a very unusual thing. And frankly, it *IS* a big deal if it happens to you.

The important thing to understand, based upon the literature, is that it doesn't have to happen to *anybody*.

If people would just use colloidal silver responsibly, like they do any other nutritional supplement, argyria would very likely be so rare as to be virtually inconsequential.

But for some unknown reason, it appears that a small subset of people tend to get overly zealous about colloidal silver usage. Example: I could point out at least a half dozen web sites to you right now which people are claiming, basically, that you can take any amount of colloidal silver you want, every day of your life, and it can't harm you as long as it's "properly made."

Again, this is pure bunk. A total lie. No matter how well-made colloidal silver is, if you take too much of it for too long of a period of time, *there is a potential it can cause you*

harm. By the way, the same is true for any substance on the face of the earth...including *water* (it's called "drowning").

Colloidal silver should always be used reasonably and responsibly, as a mineral supplement. It's that simple.

Colloidal silver is not a cure-all. (Though thousands upon thousands of people [attest to its beneficial effects](#). And the fact that millions of people use it says plenty about its benefits.)

And like *all* other substances, it's certainly not "perfectly safe at any dosage."

But the FDA has allowed it to be sold over-the-counter as a mineral supplement, because when it's used sanely, responsibly, with common sense, and not abused, its record of safety is [similar to any other nutritional supplement](#).

In short, colloidal silver is considered by most nutritional supplement advocates to have a favorable safety profile. Like all other nutritional supplements or natural substances, its safety lies largely *in the hands of the user*.

I've discussed this topic many times in the past in reports like this one. And I'll continue to discuss this topic again, in future [reports and articles](#), even though it makes me quite unpopular with some people. But I think the truth deserves to be told.



Part II: Can You *Really* Determine a “Safe” Dosage?

How much colloidal silver can safely be ingested each day?

That’s a good question. As I mentioned above, on a number of so-called natural health web sites it is stated that colloidal silver usage is completely risk-free, and that you can safely drink as much colloidal silver as you want each day, for the rest of your life, with no adverse effects. That, of course, is pure poppycock. There is no substance on earth which you can ingest as much as you want each day, for the rest of your life, with no risk of harm.

Take for example, sugar. Many of us would probably love to ingest sugar in its various forms and manifestations all day long. But we know that doing so will eventually lead to rotted teeth, excessive weight gain, a worn out pancreas, blood sugar problems, diabetes, heart disease and eventually a premature death. So in spite of our wants, we ingest sugar only lightly to moderately, because that is the wise thing to do if you care about yourself in the least.

Even plain drinking water apparently cannot be ingested as much as you want each day with no adverse effects. For example, on Saturday January 13, 2007 an article titled [US Woman Dies of Water Intoxication](#) revealed that:

“A 28-year-old woman has died of water intoxication after taking part in a Californian radio station’s water drinking contest. She was in the ‘Hold Your Wee for a Wii’ competition trying to win a Nintendo Wii video game system. Assistant Sacramento County Coroner Ed Smith said a preliminary investigation found evidence consistent with a water intoxication death.

Jennifer Strange’s mother found her daughter’s body at her home on Friday in the Sacramento suburb of Rancho Cordova, California, after Strange called her supervisor at her job to say she was heading home in terrible pain. She said to one of our supervisors that she was on her way home and her head was hurting her real bad, said Laura Rios, one of Strange’s co-workers at Radiological Associates of Sacramento. She was crying and that was the last that anyone had heard from her. Earlier Friday, Strange took part in a contest at radio station KDND 107.9 in which participants competed to see how much water they could drink without going to the toilet.”

As you can see, you can actually die from drinking too much water! While to our knowledge no one has ever died from ingesting colloidal silver, or even come close to it – the concept that unlimited daily use is harmless is ludicrous.

In terms of daily intake, moderation and common sense are the keys, not only in regards to this extremely popular and highly beneficial substance, but to any other substance on earth that can be ingested!

So how much do people take?

From what we can tell after speaking with literally thousands of colloidal silver users over the past ten years, most of them drink anywhere from a tablespoon to an ounce of 10 ppm colloidal silver each morning as a daily mineral supplement. And most of them tell us they are taking it for the specific purposes of helping build immunity, or preventing or curing infection.

Others users tell us they only use colloidal silver when they are sick, generally in much larger amounts than the daily users, albeit only for short periods of time, such as a few days to a week. In such cases people have been known to take as many as four to six ounces a day, or sometimes even more, but rarely for more than a week. Users say a good, high quality colloidal silver solution of about 10 ppm, taken as stated above, will usually clear up a mild to moderate infection in only a few days, while more serious infections may take a little longer.

To date, over the past ten years, every single one of the users we've personally spoken with have told us they have suffered no apparent harm whatsoever from taking colloidal silver at these levels. And of course, most of them [report dramatic health benefits](#).

Nevertheless, the FDA allows its use solely as a mineral supplement, and disallows any medical or healing claims.

One thing for sure: if you are taking colloidal silver for any kind of infection or health condition in such large dosages, and you are not feeling better in a few days or so, it is probably not working. And it is not worth the risk of continuing to take more without proper health care and oversight from a legitimate licensed health care professional. (Our view is that you should always consult with a licensed health care practitioner for serious health conditions. Never self-medicate.)

What the FDA Says About This

In its 1999 final ruling on colloidal silver, the FDA says colloidal silver is not safe and effective for the specific immune-boosting and anti-infection uses it has been so widely touted for.

What does this mean? It simply means that colloidal silver has never been approved as an over-the-counter drug by the FDA.

By FDA regulations, any time a “drug claim” or for that matter *any* claim of a health benefit – is made for a nutritional substance, the substance is immediately considered to be an over-the-counter “drug” in the eyes of the FDA, and the claimant is subject to prove the veracity of their claim under the FDA’s rigid testing procedures for over-the-counter drugs.

Therefore, any supplement for which claims are made, but for which none of the required testing has been submitted, is considered by the FDA to be “not safe and effective” for the claimed benefits, and is therefore subject to regulatory action.

According to the FDA, in part 310.548, sections b, c and d of the Foods, Drugs and Cosmetics Act governing the sales of over-the-counter substances:

(b) Any OTC drug product containing colloidal silver ingredients or silver salts that is labeled, represented, or promoted for the treatment and/or prevention of any disease is regarded as a new drug within the meaning of section 201(p) of the Federal Food, Drug, and Cosmetic Act (the act) for which an approved application or abbreviated application under section 505 of the act and part 314 of this chapter is required for marketing. In the absence of an approved new drug application or abbreviated new drug application, such product is also misbranded under section 502 of the act.

(c) Clinical investigations designed to obtain evidence that any drug product containing colloidal silver or silver salts labeled, represented, or promoted for any OTC drug use is safe and effective for the purpose intended must comply with the requirements and procedures governing the use of investigational new drugs as set forth in part 312 of this chapter.

(d) After September 16, 1999, any such OTC drug product containing colloidal silver or silver salts initially introduced or initially delivered for introduction into interstate commerce that is not in compliance with this section is subject to regulatory action. [64 FR 44658, Aug. 17, 1999]

Whenever a health claim is made for a nutritional supplement, the FDA checks its files to see if an application for over-the-counter drug status has been filed, which includes the evidence from the tests conducted in accord with the requirements and procedures governing the use of investigational new drugs as set forth in part 312 of the Foods, Drugs and Cosmetics Act. If one has not been filed, then the FDA generally issues a very strongly worded warning to the company, requiring them to cease and desist from advertising the particular health claim for which no application has been submitted. Failure to do so can result in severe fines being issued to the company by the FDA. The company can even be altogether shut down by the FDA.

Of course, most nutritional supplement sales companies cannot afford the literally hundreds of thousands or even millions of dollars required for such testing. They could never recoup their costs, like the big drug companies that hold monopolies on their drugs can. So they either refrain from making health claims. Or they take their chances, make the claims anyway, and hope to high heaven they are not targeted by the FDA.

Keep in mind that the FDA does not consider widely published research, such as that conducted by private or government laboratories, the medical departments of major universities, and other such sources, to be sufficient grounds to make health claims for

natural substances. For example, there might be 47 different studies conducted by major university medical departments and research institutions demonstrating that colloidal silver is an effective antimicrobial substance for use against upper respiratory infections. But in the FDA's eyes, that does not validate making claims for colloidal silver when it is sold as a nutritional supplement. To be able to make the claim, the claimant must first jump through the FDA's expensive testing hoops, spending many hundreds of thousands or perhaps even millions of dollars to prove their claims, and then file the proper application under the regulatory standards which apply.

And then, after all of that, they must hope to God their claims are not disapproved by the FDA on some pretext. Fair or not, that is simply the way it is!

What Daily Intake Levels Does the Government Consider Safe?

While the FDA will not allow health claims for natural substances like colloidal silver without drug approval, the Environmental Protection Agency (EPA) on the other hand, has issued guidelines for "safe" amounts of silver ingestion for the human body.

And while thousands of people have reported taking dosage levels ranging anywhere from a tablespoon of colloidal silver to an ounce a day, or even more in case of infectious illness or disease, it is nevertheless important to note here that such levels could be well in excess of the levels the EPA has deemed to be a "safe" daily amount of silver intake from all known sources, such as from water, food, air and yes, even mineral supplementation.

Indeed, according to the EPA, the daily reference dose for oral consumption of colloidal silver is approximately .005mg/kg-day. What this means in medical bureaucrat-speak is that an individual who weighs 70 kilograms (160 pounds) could safely ingest .350 milligrams of silver per day during the course of an average 70-year lifetime without fear of excessive silver buildup. How they came up with that number is unknown to this writer, and probably irrelevant to this report.

In Part III of this report, with the help of the EPA and our good friends at Invision International, we'll help break that number down into more understandable, user-friendly terms. But first, here are a few more facts you might want to keep in mind:

It is important to note that the EPA's oral Reference Dose (RfD) for silver is generally considered to be "*an estimate of a daily exposure to the human population that is likely to be without an appreciable risk of deleterious effects during the course of a lifetime.*"

In other words, it is the amount you can take each day and be pretty darn sure (i.e., within reason) that nothing bad will ever happen to you from it. So if risk aversion is your primary goal, the EPA's oral reference dose is probably the best way to go.

To the very best of our understanding, silver is the only chemical or substance which has an RfD from the EPA that is not based on an actual adverse health effect, such as liver toxicity or nerve damage, but rather on the onset of a harmless but cosmetically unappealing skin condition called argyria. As mentioned earlier in this report, argyria is an extremely rare phenomenon in which the skin turns grey after excessive levels of silver are ingested over prolonged periods of time, and the body pushes the tiny silver particles out to the skin. When the sun hits the skin, it then becomes discolored as the silver particles tarnish.

The EPA's oral Reference Dose is based upon their estimation of how much silver can be taken orally every day for the next 70 years without risk of argyria. Interestingly, in 1991 the EPA deleted the maximum contaminant level (MCL) for silver in drinking water, which is an enforceable value, and replaced it with a secondary maximum contaminant level (SMCL) goal of 0.1 ppm, which is essentially non-enforceable. They actually raised the level of allowable silver in drinking water to twice the previous level, and then made staying within that level a mere goal for water companies rather than an actual legal requirement. It is our opinion that this interesting action was probably driven by the recognized low toxicity associated with silver.

It is also important to understand that the EPA's oral Reference Dose for silver does not mean you will necessarily be harmed in any way by taking larger amounts. As stated above, many people have reported taking larger daily amounts than the EPA's daily recommended "safe" dose, for weeks, months or even years on end, with no apparent ill effects whatsoever. Nor does it mean that taking lower amounts than the oral Reference Dose is guaranteed to be safe. Just as there are no "safe" levels of *aflatoxin* for a person who is allergic to the fungus commonly found on peanuts, there are no "safe" amounts of silver, or any other nutritional supplement for that matter, if you are allergic or particularly sensitive to it for some reason, or have an underlying health condition such as severe liver or kidney damage that might be contraindicated for its usage.

So while one person might take ten times the EPA "safe" recommended daily dosage of colloidal silver for weeks or even months on end, and never experience a single adverse effect from it, a more sensitive person might experience adverse effects from taking only a small fraction of the EPA's recommended daily "safe" levels, perhaps even after a single dose! And this is true in regards to the ingestion of any vitamin, mineral, food or liquid substance on the face of the earth, not just silver!

We're not trying to cop out here. Nor are we trying to mitigate the EPA's oral Reference Dose guidelines for the "safe" daily intake of silver. Not at all. We're simply stating what we believe to be self-apparent truths i.e., that everyone is biologically individual... everyone has different tolerances for different substances...everyone's body processes substances in different ways and with different degrees of efficiency, and therefore there is no "one size fits all" daily dosage for any substance on earth!

You can generalize. But you cannot eliminate risk. It is our contention that you simply have to accept the fact that there will always be some fraction of the population for who

even the “safest” of levels of a particular substance – including colloidal silver – will still be unsafe.

What’s more, everything in life carries some degree of risk. Drinking tap water carries some degree of long-term risk, in that the chlorination has been shown to cause bladder, rectal and stomach cancers in susceptible individuals over long periods of time. But how do you know if you are a “susceptible” individual? Ah...such are the risks of daily life!

Drinking bottled water can also carry long-term risks in that leaching and off-gassing of toxins from the plastic containers can cause serious health consequences – including cancer – for sensitive individuals. But how do you know if you are one of those individuals who, after five or ten years of drinking bottled water, are ultimately going to suffer serious health problems from the leaching of chemicals from the plastic bottles? It is simply a risk you have to weigh in the balance, along with all other risks, and make your own decisions based upon the best information available to you. Why? Because no one on earth can tell you with any degree of certainty what your personal risk levels are.

The bottom line on safety is that you just can’t pin a single dosage level on everyone and say “safe.” Safety is relative. And the level of risk in life is dependent upon many unknowns.

All that said, today colloidal silver is one of the single-most popular nutritional supplements in the world. It is used by an estimated 10 million people across North America, and probably many millions more around the world. No one has ever died from using it, to our knowledge. And to our knowledge, there are to date no specific adverse events related to colloidal silver reported to the FDA, other than a comparatively small handful of cases of argyria which were all caused by excessive daily use of the supplement over long periods of time.

In short, when used within reason and moderation colloidal silver has a toxicological and safety profile similar to any other nutritional supplement.



Part III: How to Calculate Your Personal Daily Dosage

Okay, let's get back to business on this issue of colloidal silver safety levels and learn how to calculate a "safe" daily dosage level:

First of all, the EPA's "safe" daily oral Reference Dose for silver of approximately 350 micrograms (or .350 milligrams) for a 160 pound person is obviously just about worthless for personal reference unless you happen to weigh 160 pounds, and know how to measure exactly .350 milligrams out of a bottle of colloidal silver.

In other words, the "safe" daily oral Reference Dose will be quite different for everyone, depending upon how much they weigh. And very difficult to figure out to pour from a bottle without some kind of specific guideline.

Fortunately, a company called Invision International Health Solutions, which sells a very popular commercial bottled colloidal silver product called *Silver 100*, has analyzed the EPA's figures, and has determined that they can be further broken down into "drops per day" by using the following formula:

48 multiplied by your body weight, divided by ppm, equals the number of drops you can safely take per day, in accord with the EPA guidelines, if you are getting no other silver in your daily diet at all.

That means, for example, if you are a 160 pound person, you would multiply 48 times your body weight, which gives you 7,680 ($160 \times 48 = 7,680$). Then, divide that figure by the ppm of the colloidal silver supplement you are taking. For example, if you are taking a 10 ppm colloidal silver supplement you would divide 7,680 by 10, for a total of 768 drops.

So, according to EPA guidelines our hypothetical 160 pound person could "safely" take 768 drops every single day, essentially for the rest of his (or her) life!

However, as Jay Newman, president and CEO of Invision International Health Solutions points out, there is a problem with that formula. And it is this: the EPA oral daily Reference Dose is for ALL sources of silver, and that includes the amount you get each day in the water and other liquids you drink, the various foods you eat, the air you breathe, and all other possible sources including but by no means limited to nutritional supplementation.

So when using this formula to judge how much colloidal silver you can "safely" take each day, you have to do something to account for the amount of silver you might be getting in the food you eat, the water you drink and the air you breathe.

Invision International Health Solutions has determined that, for a good margin of safety, if you are going to take a daily colloidal silver supplement and you want a rule-of-thumb

to guide you, then you should take only 25% of what the EPA says is safe, in order to account for the possibility that you may have ingested silver throughout the day via other sources, such as food, drink or air.

What's more, the good folks at Invision International have worked this out into a formula anyone can use. They have trademarked this as their "**12-for-25**"™ rule and you can read all about it on the following web site: <http://www.silverfacts.com/safety.html#Rule>

The 25% Formula

So, the proper formula to use for a good margin of safety, according to Invision International Health Solutions, is this:

12 multiplied by your body weight, divided by the ppm of the silver supplement you are using.

Why 12? Because that figure, correctly multiplied times your body weight and divided by the ppm of the silver supplement you are using gives you 25% of the EPA daily dosage rate the EPA says is safe.

In other words, according to Invision International Health Solutions, the sum of that formula equals the number of drops per day of colloidal silver you can take with a reasonable certainty of safety, because it is about one-fourth, or 25% of the oral daily amount referenced by the EPA as "safe" to take over the course of a lifetime.

This means that if you are our hypothetical 160 pound individual, you would multiply 12 times 160 pounds, which is 1,920 (i.e., $12 \times 160 = 1,920$). Then divide that number by the ppm of the colloidal silver solution you are using, in order to determine how many drops per day you can take. In this example, we are using 10 ppm colloidal silver, so the answer is 192 drops per day (i.e., $1,920 \text{ divided by } 10 = 192$)!

According to the Invision International Health Solutions web site:

"What that says in plain English is the following:

12, multiplied by the number of pounds of body weight of the person, divided by the ppm of the product, equals the number of drops of the product that it is safe for the person to take per day—because it will result in an amount of silver intake that is equal to about 25% of the amount of silver the EPA suggests as the safety guideline (RfD) for the upper limit of daily silver intake.

Note: In converting drops to teaspoons and fluid ounces, use the following conversions:

1 teaspoon = approximately 100 drops (actually, about 105 drops)

1 ounce = approximately 600 drops (actually, about 630 drops), or 6 teaspoons”

Whew! Don't you feel better already? I know / do.

And by the way, according to a spokesman for the Invision International Health Solutions, when they say “drops” they mean normal drops from a normal eyedropper. I'm glad they cleared that up!

If you aren't very good at multiplication and division, here's a simple online chart that allows you to determine your “safe” daily dosage rate based on your present body weight, and the ppm of the colloidal silver you're currently using:

http://www.silverfacts.com/Safety_chart.pdf

Again, for all of the reasons stated throughout this article, we have absolutely no way of knowing what the perfect “safe” dose of colloidal silver is for any one individual, any more than we could know what the perfect safe dose of vitamin C, iron, vitamin E, penicillin, Motrin or any other substance is for any particular individual.

The EPA's daily oral Reference Dose seems like a pretty good generalization. And the trademarked “**12-for-25**”™ rule worked out by Invision International Health Solutions seems like an excellent way of judging one's daily colloidal silver intake, particularly if mitigating risk is your primary goal.

Are Government Reference Doses Always the Best Way to Go?

For maximum safety, it is probably always best to stay within the government's published reference doses. That goes for any nutritional supplement, not just colloidal silver. But maximum safety is not always the primary goal. Sometimes, achieving a therapeutic purpose is the primary goal. And for that you frequently have to take more than the government's official Recommended Daily Intake.

For example, the FDA's official Recommended Daily Intake for Vitamin C is only 75 mg. Yet thousands of people across the country – probably tens of thousands worldwide – take many times that amount daily to help stave off illness and disease, particularly during cold and flu season. Millions of people take 500 mg. daily, day in and day out, for their entire lives. Others take 1,000 mg. or even 2,000 mg. a day. The late Nobel Prize winner, Dr. Linus Pauling, claimed to have taken up to 14 grams (i.e., 14,000 mg.) daily for years on end. And he lived a healthy vibrant life until his death at age 93!

On the other hand, we know of a gentleman who took 10,000 mg. a day of vitamin C for only a few weeks and ended up in the hospital with some kind of iron overload disease that nearly killed him. Apparently, because of a rare and hidden underlying health issue this individual had, the high levels of vitamin C caused his body to absorb and retain excessive amounts of iron, which left him in a coma for several days!

So as you can see, dosage is relative. And there are any numbers of factors that can make a dosage that might be safe for *me* to take, completely unsafe for *you* to take.

As we stated at the outset of this report, many people have been taking many times more colloidal silver daily than the EPA's referenced "safe" dosage, for months or even years on end, with no apparent adverse effects whatsoever. But if you're looking for the safest way to go, it is likely following Invision International Health Solution's recommended daily dosage for your specific weight, which is based upon their trademarked "**12-for-25**"™ rule explained above.

What Are the Risks?

What are the risks of taking larger amounts of colloidal silver on a long-term daily basis?

As noted earlier in this report, according to the EPA the main risk is a permanent cosmetic skin condition called argyria which is caused by excessive levels of silver accumulating in the area of the skin just below the surface. When this trapped silver is exposed to bright sunlight, the silver apparently becomes tarnished, which gives a grayish cast to skin, particularly in the areas of highest exposure to sunlight.

According to the EPA:

"The critical effect in humans ingesting silver is argyria, a medically benign but permanent bluish-gray discoloration of the skin. Argyria results from the deposition of silver in the dermis and also from silver-induced production of melanin. Although silver has been shown to be uniformly deposited in exposed and unexposed areas, the increased pigmentation becomes more pronounced in areas exposed to sunlight due to photo-activated reduction of the metal. Although the deposition of silver is permanent, it is not associated with any adverse health effects. No pathologic changes or inflammatory reactions have been shown to result from silver deposition."

The best we can tell, out of the estimated ten million colloidal silver users in North America, only a small handful of them have ever turned gray over the past 20 years. And in each of the cases we have been able to look into, in which electrically generated colloidal silver was known to be the actual cause, this condition resulted from taking daily amounts of colloidal silver that were not only far in excess of EPA guidelines, but in every case, far in excess of what common sense would normally tell a person. This is in our opinion the unfortunate result of people reading on web sites that you can "safely drink as much colloidal silver as you want each day, for the rest of your life, with no adverse effects."

The good news is that, from what we can tell, there are only about 120 or so total documented cases of argyria in the medical literature going back some fifty years – compared to millions of users – and in most cases, excessive use of chemical silver

compounds rather than properly made electrically generated colloidal silver were the apparent cause of the skin condition.

In other words, in most of the cases cited, the substances being used were apparently harsher chemical forms of silver such as silver nitrate (a prescription only form of silver), rather than pure colloidal silver.

That is not to say, or even imply, that plain old colloidal silver does not or cannot cause argyria. There certainly have been cases of argyria caused by colloidal silver, both over-the-counter and homemade. For example, back in 2008 there was the famous [colloidal silver "blue man," Paul Karason](#), who turned so blue he was featured on numerous TV shows including [Oprah](#) and the [Today Show](#). And before him there was Montana Senate candidate [Stan Jones](#), who back in 2002 turned slightly gray from excessive colloidal silver usage.

We're simply pointing out that when you examine the situation carefully, colloidal silver *used in moderation and with common sense* was apparently never the culprit. Only when used in excess has colloidal silver proved problematic.

What's the moral? Don't believe people when they claim you can drink all of the colloidal silver you want with no risk. It just isn't true. If you want to gulp down large amounts of colloidal silver each day like soda pop, for months or even years on end, over the course of time you had better expect to experience some skin-greying.

As one colloidal silver user recently wrote:

"Well, eight years ago, I ingested colloidal silver more than my body could get rid of and I unhappily turned gray on my face because of it. Some people noticed it and some people didn't. Anyway, here I am knowing I have what they call argyria.

Colloidal silver has helped a lot of people keep their bacteria and viruses at bay, but is it worth the side effects of turning a different color? My bedridden mother was able to heal her bedsore with colloidal silver when absolutely nothing else seemed to work though she wasn't ingesting it, just applying it.

I've read that laser can really help minimize the gray or blue colored skin caused by argyria on some individuals. I searched and found a doctor experienced in using the right kind of laser, thank goodness he was willing to help me. This doctor also removes tattoos which is kind of what argyria is, a tattooing of the skin from ingesting too much colloidal silver.

I found Dr. Steven Popkow MD in Los Angeles, California. He is a very gentle and understanding doctor which is so important when it comes to such a sensitive issue.

For those seeking help also, his business address is: Skin Laser Center, 12027 Venice Blvd., Suite B, Los Angeles, California 90066 The phone number is: (310) 915-8060

I've had 2 treatments so far and yes it is quite painful, but so worth it. I've got my original color back before I had argyria and I am completely thrilled.

With additional laser treatments, Dr. Popkow can treat the rest of the spots that get missed here and there. I feel what Dr. Popkow charges is very reasonable. The cost is around \$200 hundred a treatment. So, for the people on the west side of the United States, there is a doctor who helps with the discoloration of argyria and for those who live even further who might want to travel to see Dr. Popkow.

Today, I don't have to walk around worried about who might be wondering why my face is gray because it's not anymore. I think being ashy made me look like I wasn't well even though I felt completely fine. The embarrassment of having someone say something about the gray color of my face felt uncomfortable even though I was completely frank. I'm not a person that likes to hide, so I just went on living, but I feel the relief big time now thanks to Dr. Popkow. He has definitely changed my life for the better.

The joy I feel is immeasurable. I take chlorella every day to help chelate metals out of the body internally. The silver is not just in the skin so cleansing is very important. This is my journey and my BIG lesson and I hope that I may be of help somehow to others. I can't speak for everyone with Argyria as I know some people with Argyria are darker gray or bluer than others, but for me, the laser treatment worked at lighting my skin color to a more natural skin tone. I hope it can help you also though there are no guarantees."

So argyria is quite real. Don't let anyone tell you otherwise. And don't let anyone tell you, you can safely drink all of the colloidal silver you want, for long periods of time, and there are no risks. It's simply not true. And while laser treatments can apparently help eliminate some of the skin-staining, the smartest thing is to *never take colloidal silver in excessive amounts for long periods of time*. Just as you wouldn't eat half a bottle of vitamins every day, so you shouldn't be drinking big glassfuls of colloidal silver every day, for months or years on end.

The Bottom Line...

The bottom line is that we cannot tell you how much colloidal silver is "safe" for you to take. Why? Because of the numerous variables discussed throughout this report, including:

- biological individuality (some people require and can handle much more of a substance, and some less)
- the impossibility of knowing how much silver a person might already be ingesting through other sources (food, water, air)

- the reality of sensitivities to supplements such as silver (it is estimated that one in every three to ten million people are sensitive or even outright allergic to silver)
- whether a person's liver, kidneys and sweat glands (the main organs of elimination for minerals) are functioning and eliminating minerals correctly
- and many other factors

The EPA doesn't know what the "safe" daily dose is either, at least, not for an absolute certainty, in spite of their published daily oral Reference Dose for silver ingestion from all sources.

What We Do Know

As stated earlier, we *do* know from speaking with thousands of users over the course of a decade that many people are taking between a tablespoon and an ounce of colloidal silver a day, usually in concentrations of 5-10 ppm. And they have reported only benefits to us, with no apparent adverse effects whatsoever.

Others tell us they take colloidal silver *only when they are sick with infections*, using significantly higher daily doses, such as four to six ounces a day of 10 ppm strength, but only for *a few days to a week at a time at most*. Almost all of these users tell us they drink plenty of pure, fresh water throughout the day when taking such high colloidal silver doses, in order to help flush their liver and kidneys. And after using such high daily doses for a few days to a week, they stop.

Finally, some people with serious chronic degenerative diseases, in which they suspect deep-seated infections as a root cause or trigger of their disease, have told us they have taken up to 12 to 16 ounces a day of 5-10 ppm colloidal silver for anywhere from two weeks to a month, before stopping for a few weeks to allow any accumulated silver to be excreted from their bodies. And then they begin again, if they feel the need to, but reduce their daily intake to a normal mineral supplement dosage of a tablespoon to an ounce a day.

We cannot vouch for any of these methods of taking colloidal silver, as the only evidence is *anecdotal*, which means it is what many dozens of people have told us, rather than what medical science has proven "safe." (See the "Diseases and Dosages" chapter in [*The Ultimate Colloidal Silver Manual*](#) for an in-depth look at some of the specific dosage levels people have taken quite successfully for a wide variety of conditions.)

We recently talked to several long-time colloidal silver users about the dosage levels they take. Here is what they told us:

"I take one to two ounces a day of 10 ppm colloidal silver, and have done so since the early 1990's, along with my normal vitamin and nutritional supplement regimen."

Subjectively, I feel better than I ever did before I began taking these relatively small daily doses of colloidal silver. I don't get sick nearly as often as I had in the past. And when I do get sick the intensity and duration of the illness is a fraction of what it was in years past. Also, I recently contracted food poisoning after a dinner event at a local restaurant. By the time I got home I was very nauseous, and was experiencing severe diarrhea and vomiting. I took 4 ounces of colloidal silver immediately, and it brought rapid relief, which was no surprise to me because, as the former general manager of a major health food store chain in southern California I had seen customers experience the same beneficial results many times over a period of 20 years. I continued to take 4 ounces a day for the next few days to relieve the residual effects of the food poisoning, and experienced a complete recovery. During that same time, there were numerous food poisoning cases here in California which had become headline news nationwide, with people being hospitalized and unfortunately even a few of them dying. So I am very much a believer in the benefits of colloidal silver."

– G. Foss

"Five years ago I underwent a successful dual organ transplant, and was put on immunosuppressant drugs for the rest of my life, to prevent my body from rejecting the transplanted organs. This leaves me susceptible to just about any infection that comes down the road. My wife told me about her very positive experiences with colloidal silver, so I decided to try some each day for a few weeks. I began by taking an ounce or two a day, and experienced no ill effects, and even seemed to feel better, so I began washing down my immuno-suppressant drugs each morning with a glass full of colloidal silver, maybe three or four ounces a day of about 3-5 ppm. And right away I noticed that I did not pick up colds and flu anywhere near as easily as I had in the past. Even when I do get the sniffles, it rarely turns into a full-blow cold or flu. That's not to say I never get sick. But for a person with virtually no immune system, I have to say taking the colloidal silver each day for the past five years has been remarkably effective and helpful."

– F. Barnes

The above anecdotal reports do not constitute "proof" in any way, shape or form that the levels of colloidal silver said to be ingested are "safe" or "effective." That goes for the above users, and for anyone else. These are simply real-life anecdotal reports of what people are doing, and what results they say they have experienced in their own personal lives. (See additional anecdotal reports and colloidal silver success stories at www.ColloidalSilverSuccessStories.com)

Furthermore, because we are not medical doctors, we do not advise people to take colloidal silver for any purpose (though we take it ourselves). Nor do we advise how much to take or what to take it for. This is something every individual should discuss with their licensed naturopath or medical practitioner, instead.

For those who would like to take colloidal silver daily, but who are risk averse, the trademarked "**12-for-25**"™ rule developed by Invision International Health Solutions

and discussed earlier in this article is probably the best way to go. And everyone else will just have to make up their own minds about what is “excessive” and what is “safe,” based upon their personal risk tolerance and knowledge levels, and above all, their own doctor’s advice in conjunction with their personal health and medical status. The bottom line is that moderation and common sense in all things should be your *guiding principle* when using colloidal silver, or any other nutritional supplement for that matter.

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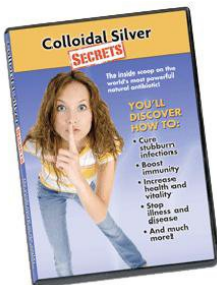
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