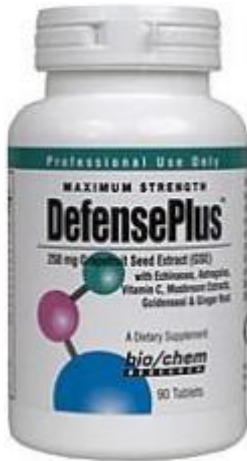


Defense Plus



Maximum Strength Defense Plus - 250 mg. Grapefruit Seed Extract

Defense Plus Tablets contain Citricidal, a natural quaternary compound synthesized from the seed and pulp of certified organically grown grapefruit. Citricidal has been proven highly effective by healthcare professionals worldwide as nutritional support for individuals with certain health concerns. Vitamin C, and Astragalus, along with the extracts of Echinacea, Reishi, Maitake, Shitake, Ginger root, Goldenseal and Yarrow enhance and compliment the effect of Citricidal.

Directions:

At first signs of imbalance or depressed resistance, take 1 tablet 3 times daily for a minimum of 15 days.

Supplement Facts

Serving Size: 1.00 Tablet

Servings per container: 90.00

	Amount Per Serving	% Daily Value
Grapefruit Seed Extract	250 mg	*
Meta-C (water processed buffered vitamin C)	125 mg	207%
Echinacea Angustifolia extract (4:1)	50 mg	*
Astragalus	100 mg	*
Reishi mushroom extract (4:1)	100 mg	*
Maitake mushroom extract (4:1)	50 mg	*
Shitake mushroom extract (4:1)	50 mg	*
Ginger Root Extract (6:1)	50 mg	*
Goldenseal Extract (6:1)	50 mg	*
Yarrow Extract (6:1)	50 mg	*
Zinc (gluconate)	5 mg	33%

*Daily value not established.

Other ingredients: In a base of microcrystalline cellulose (binder), magnesium stearate (vegetable lubricant) and natural food glaze coating.

Grapefruit seed extract (GSE) is truly a broad-spectrum natural antibiotic, capable of killing a wide variety of pathogens. Highly active against [protozoa](#), [bacteria](#), [yeast](#) and some [viruses](#), it has been used for quite some time in the treatment of [parasitic](#) infections. It is nontoxic, generally [hypoallergenic](#) and can be administered for up to several months, which may be required to eliminate stubborn infections.

The extract of the inner rind and seeds of grapefruits (*Citrus racemosa*) is becoming known as one the best [topical](#) and internal antiseptics one can find. Popularized by the trade name Citricidal, grapefruit seed extract is [bacteriostatic](#) as well as bacteriocidal at various concentrations. It is active against a wide variety of [bacteria](#) and fungi. It has also been shown to be very effective against [parasitic](#) organisms such as [giardia](#).

Source

GSE is sold both as "Grapefruit Seed Extract" and "Citrus Seed Extract". Unless otherwise indicated on the label, these products are usually made from grapefruit seeds only.

Grapefruit seed extract is often found diluted in sprays to disinfect surfaces used in food preparations. The dry extract powder is found in antibacterial, anti-fungal, and anti-parasitic formulations.

Reasons For Use

Grapefruit seed extract preparations can be used both internally and externally.

- External Use: GSE can be used externally as a disinfectant for both intact skin and to prevent infection in wounds. A study in Brazil found it to be 100% effective (at 100ppm) for skin disinfection when used as a pre-surgical prep compared to an effectiveness rate of 72% for alcohol and 98% for commercially available surgical soap.
- Internal Use: GSE can also be used internally to treat [chronic](#) infections. It is often recommended at a rate of 3 times per day. Dosage should not exceed a total of 1500mg per day.
- Nasal spray: Spray or use an eye-dropper to get several diluted drops into each nostril, and then swing the head quickly forward and down (so head is upside-down), forcing the liquid up into the nasal passages. Use up to six times per day.
- Douche: GSE is added to one pint of water. Use twice a day as a douche for up to a week, in the treatment of [yeast](#) infections.

Grapefruit seed extract has been shown to be effective in treating hundreds of different organisms including: Shigella, [Staphylococcus](#), Pseudomonas aeruginosa, [Giardia lamblia](#), Diplococcus pneumoniae, Haemophilus influenzae, Mycobacterium species, Campylobacter, [Candida albicans](#), Escherichia coli, [Streptococcus](#), [Salmonella](#), Klebsiella, Proteus, Cholera, [Chlamydia trachomatis](#), [Trichomonas vaginalis](#), Legionella pneumoniae, [Helicobacter pylori](#), [Herpes simplex 1](#), Influenza A2, and measles [virus](#). GSE has been shown to kill both gram-negative and gram-positive strains of [bacteria](#).