

## INSTRUCTIONS – HOW TO USE CHRISAL'S STABIOTIC™ MIST “ALLERGY FREE” - PROBIOTIC HEALTHCARE SPRAY

**WELCOME TO THE WORLD OF CHRISAL – GREEN PROBIOTIC POWER..!**

### FOR THE FIRST WEEK That You Start Using Chrisal Allergy Free StaBiotic™ Mist:

- **The First Day:** For protection against dust mite & other allergens and contaminants, change your bedding and then use Chrisal's StaBiotic™ Mist, Allergy Free spray on your bare mattress before making the bed.
- Shake, then hold the can straight up, *not pointed down* (at shoulder height) and just spray as you move your arm from one end of the bed to the other. Mist each side of your bed and pillows for 3 seconds each. *That is all it takes.*
- Then, as you make your bed, just lightly spray the mattress cover and the bottom and top sheets - and any blankets or covers you use (using the same method as above, just 3 seconds on each).
- **FOR THE REST OF THE FIRST WEEK** (through Day 7): Each day, just fold back the top layers of your bedding and spray PIP for 3 seconds on the exposed areas and pillows – and on any blanket areas near your face when you fold them back.



### AFTER THE FIRST WEEK:

*Chrisal is powerful*, so after the first 7 days of daily use, **you only have to spray once every three (3) days..!** You can spray more, but better not less than that. Pull back the top sheet, give the can a shake and then you just spray for 3 seconds on each layer of bedding, pillows and other covers.

- **DRAPES, FABRIC CHAIRS, COUCHES, STUFFED TOYS, Etc.** Just mist these for 3 seconds wherever they are as Dust Mites love fabric.
- **CARPETS** - Hold can at shoulder height and moving your arm side to side, spray while walking until the area is covered. Note that “Over-Spraying” is not needed and only wastes your PIP..!

**Note: Chrisal is also considered the world's best deodorizer..! Try it on everything, smelly shoes, sports equipment, moldy closets, smoke & your A/C and bathrooms.**

#### Remember:

- > Shake & don't overspray – Chrisal Allergy Free StaBiotic™ Mist is powerful & economical... just spray short bursts for a few seconds at a time
- > After the first week, to maintain an allergy-free environment, just use Chrisal StaBiotic™ Mist at least once every 3 days (*or more if you wish*)...

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