

# eBook

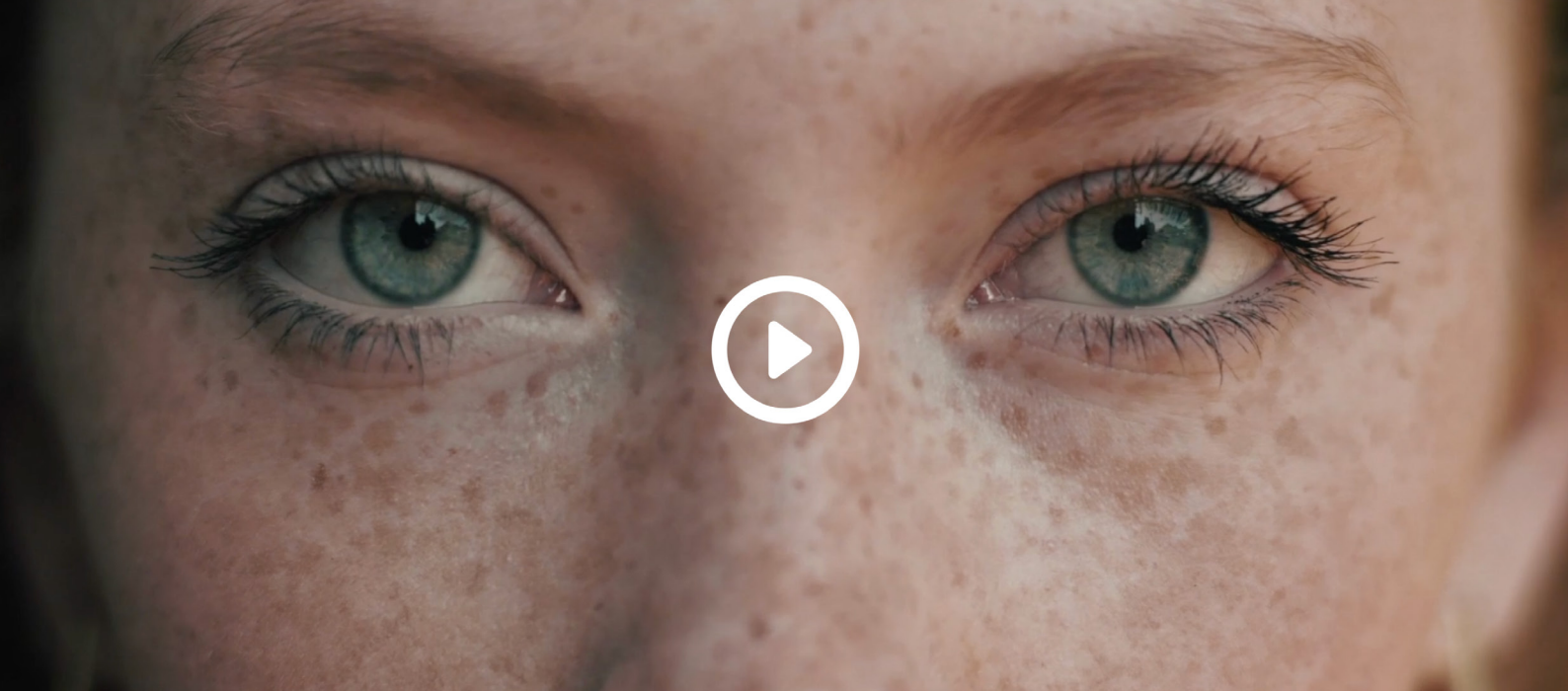


**Discover the secrets  
of this incredible product**



**INSTITUT KATHAROS**

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# Delighted!

## A dose of curiosity...

It all started with an intriguing article: at the end of 2014, when the press was talking about vaccines being tested to eradicate the Ebola virus, the author mentioned an existing treatment that had proven itself. *Clinical tests conducted by the US Defense Department* concluded that the product being used exhibited strong neutralising effects against the pathogen. You have probably already guessed it, the product in question was nothing other than... **colloidal silver!**

A month later, I devoured three leading books on the topic of this solution: «L'argent colloïdal: un remède en or» (Colloidal silver: a golden cure) by Jeanne Perros, "Everything you need to know about colloidal silver" by Max Crarer and «Ultimate guide to colloidal silver» by Steve Barwick. After reading these books, my mission became clear: to share my newly acquired knowledge with the greatest number of people through a unique natural product.

## ...Coupled with a long period of research...

In creating the Katharos Institute, we immediately wanted to be the benchmark in terms of information on colloidal silver by bringing together *over 100 scientific studies on our French site*. The vast majority of these studies have been published in medical journals and peer-reviewed journals.

## ...To obtain a pure product.

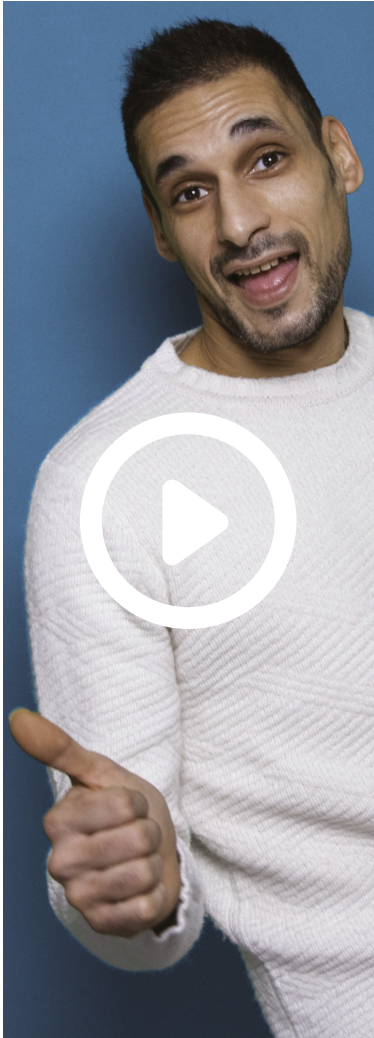
After dissecting the scientific literature, we created a product of great purity. Indeed, everything has been chosen in the most rigorous manner possible:

- The bottle is made of amber glass and the container from recycled cardboard for better durability and deep respect for the environment.
- All of our packaging items are made in Europe to guarantee quality and to reduce our carbon footprint.
- Our silver electrodes are certified 99.99% pure and the water we use is ultra-pure water: it is pure to the point of being used for all the most critical laboratory applications.

The mission driving us?  
“To let the world know about...  
colloidal silver”



# How about we introduce you to our team ?



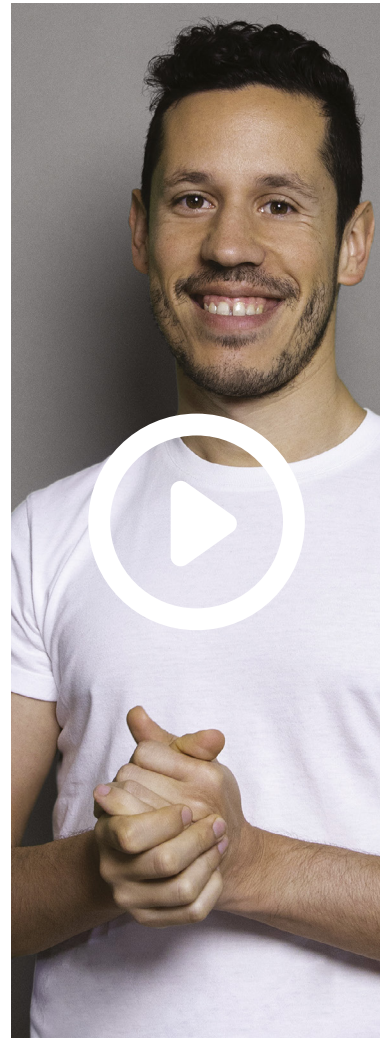
**Ali**  
Production



**Hind**  
Conditioning



**Cécile**  
Logistics



**Jean**  
Founder

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# Karolina Stefanski tells you the story of silver



**Karolina**  
Ph.D.  
*Art Historian*  
*Have a look on my work*

## A Brief History of Silver and its Healing Qualities

Silver, a soft and shiny precious metal, is known for its highest reflectivity of all metals. Silver has many remarkable properties, which make it very desirable for many reasons since Antiquity. Silver was commonly used in therapeutic ways, especially for its antimicrobial and antiseptic purposes in ancient civilizations. Dispersed in a monoatomic ionic state in water, silver is known to be active, just as silver nitrate and silver sulfadiazine, which have been used to treat wounds for centuries.<sup>1</sup>

The use of silver can be divided into several historical periods: The Common Era before Jesus Christ; Silver in the Medieval Period (c. 500-1500), Silver in the Modern Period (c. 1500-1945) and Silver in the Contemporary Period (1945 until today).

## Silver in the Common Era before Jesus Christ to about 650 CE

The earliest recorded use of silver for healing purposes dates to the Han Dynasty in China, circa 1500 B.C.<sup>2</sup> The use of silver vessels and utensils was primarily used for health purposes during the Phoenician, Macedonian and Persian empires.<sup>3</sup>

Drinking water had to conform to hygienic standards and therefore it was sterilized with a silver coin or stored in a silver container.<sup>4</sup> Greek narrator, scientist and historian Herodotus (c. King Cyrus (c. 600 – 530 B.C.)) kept water in silver vessels in order to preserve its purity for his entire army and court.<sup>5</sup>

The founding father of Western medicine, Hippocrates of Kos (460-370 B.C.), knew about the bioactivity of silver and used silver preparations for the treatment of ulcers and to promote the healing of wounds.<sup>6</sup>

In 79, Roman naturalist and philosopher Pliny, the Elder (C.E. 23/24 - 79), reported in his bioactivity of silver and used silver preparations for the treatment of ulcers and to promote the healing of wounds.<sup>6</sup>

<sup>1</sup> Fong, Wood F. J.: "Nanocrystalline silver dressings in wound management: a review", in: International Journal of Nanomedicine, 2006, Vol. 1 (4), p. 441-449.

<sup>2</sup> Yamada, Keiji: "The Origins of Acupuncture and Moxibustion, The Origins of Decoction", in: International Research Center for Japanese Studies, Kyoto, 1998, p. 154

<sup>3</sup> Alexander, J. Wesley: "History of the medical use of silver", in: Surgical Infections, June 2009, Vol. 10 (3), p. 289-292.

<sup>4</sup> Rothmann, S.: "Silver, a Sterilizing Agent", in: Transactions of the Royal Society of New Zealand, Vol. 77, Issue 5, 1947, p. 366.

<sup>5</sup> Ibid, p. 366.

<sup>6</sup> Pfeiffer, Christian, Parak, Wolfgang J. and Montenegro, Jose Maria: "Synthesis of Colloidal Gold and Silver Nanoparticles and their Properties", in: Bio- and Bioinspired Nanomaterials, Daniel Ruiz-Molina, Fernando Novio and Claudio Roscini (ed.), Weinheim: Wiley-VCH, p. 3-16, here p. 3.

<sup>7</sup> Pliny, The Elder, and Lessing J. Rosenwald Collection. Historia Naturalis. [Venice, Johannes de Spira before 18 Sept, 1469] Pdf: <https://www.loc.gov/item/48031835/>.



# The history of silver

## Silver in the Medieval Period (c. 500 – 1500)

At the beginning of the 16th century, Paracelsus (1493-1541), one of the greatest Renaissance alchemists and physicians from Switzerland, used silver for the treatment of wounds in brain infections.<sup>8</sup>

Silver's health-promoting properties made it a custom for families of the higher socioeconomic strata during the Middle-Ages to dine from silver vessels and with silver flatware as a way to prevent disease and to prolong life expectancy. Hence, the etymology of the proverb "born with a silver spoon in your mouth" since babies and infants of the upper class were fed with silver spoons in order to keep them healthy and promote longevity.<sup>9</sup>

Not only water but also food was preserved and stored in silver containers or with silver coins. However, not everyone could afford silverware. Peasants, for example, who dined from iron, pewter or earthenware were more susceptible to various diseases than the nobility.

## Silver in the Modern Period (c. 1500-1945)

The legend has it that European aristocracy was so much acquainted with the use of silver and dining from silver vessels that they developed bluish skin discolorations known as argyria condition which may have led to the term 'blue blood' to describe members of the aristocracy.<sup>10</sup>

While nobility insisted on using silver cutlery and dining from silver vessels as anti-microbial customs that promoted health and wellbeing, modern medicine developed.

Modern medicine utilized different medical grade forms of silver, including silver nitrate, silver sulfadiazine, and colloidal silver.

Silver nitrate has been employed in the form of eye drops for the prevention of gonorrhea in new born babies between 1880 and late 1900s. Specifically, it was the German obstetrician Dr. Carl Franz Siegmund Credé (1819-1892) who introduced this method of silver use to avoid ophthalmia, achieving a considerable reduction of the illness.<sup>11</sup>

His son, medical doctor and surgeon Dr. Carl Benno Credé (1847-1929) is credited with introducing the first colloidal silver, a water-soluble blend that he used as an ointment, in 1897.<sup>12</sup> Credé pioneered the use of colloidal silver in skin infections.



<sup>8</sup> Barui, Ayan K., Kotcherlakota, Rajesh and Patra, Chitta R.: "Medicinal Applications of Metal Nanoparticles", in: Metal Nanoparticles: Synthesis and Applications in Pharmaceutical Sciences, Sreekanth Thota and Debbie C. Crans (ed.), Weinheim: Wiley-VCH, May 2018, p. 67-101, here p. 69.

<sup>9</sup> Whitehead, J. S.: Everyday English Phrases: Their Idiomatic Meanings and Origins, London: Longmas Green, 1937, p. 129; Davies, Olwen: They Didn't Listen, They Didn't Know How, Bloomington: AuthorHouse, 2013, p. 548.

<sup>10</sup> Ibid, p 548; See also: Hill, William Robinson, and Pillsbury, Donald Marion: Argyria: the Pharmacology of Silver, Baltimore: The Williams & Wilkins company, 1939.

<sup>11</sup> Milot, Jean: "L'ophtalmie du nouveau-né et ses traitements à la lecture des publications médicales canadiennes: 1872-1985", in: Canadian Bulletin of Medical History, Vol. 25, 2008, p. 499-514.

<sup>12</sup> Hare, Hobart Amory (ed.): Progressive Medicine: A Quarterly Digest of Advances, Discoveries, and Improvements in the Medical and Surgical Sciences, Volume 3, Philadelphia and New York: Lea Brothers & Co., 1903, p. 84.



# The history of silver



The use of silver as an anti-microbial agent in medicine came to a halt with the discovery of antibiotics in 1907 by German physician Dr. Paul Ehrlich (1854-1915). Ehrlich later developed with German chemist Alfred Berthelm (1879-1914) a series of arsenic-derived synthetic antibiotics, ceasing the widely used application of silver.

Until Physician Dr. Edouard Prouvost discovered that performances of intravenous colloidal silver were very efficient during the influenza epidemic of 1918, also known as the “Spanish Flu”,<sup>13</sup> silver was used along with antibiotics concurrently.

## Silver in the Contemporary Period (1945 – today)

Silver remains to be widely used today in various forms in medicine, including silver bandage, which releases silver ions, silver catheters for renal drainage and silver mechanical heart valves to name a few.

Due to the increasing level of bacterial resistance to certain antibiotics, colloidal silver has been re-evaluated as the ancient anti-biotic remedy in studies and trials today.<sup>14</sup>

Cancer researcher Dr. Gary Smith demonstrated with his research that a homeostasis in a person's body depends on a certain silver presence. “When silver is present, cancer cells dedifferentiate and the body is restored...”, while lack of silver promotes the growth of cancer cells.<sup>15</sup>

In the mid twentieth century American orthopedic surgeon and medical researcher Dr. Robert O. Becker (1923-2008) has shown that electrically generated silver ions can heal inflammation of bone marrow (osteomyelitis) and even treat cancer by killing bacteria and stimulating growth of tissue at the same time.<sup>16</sup>

In 1995, physicist Dr. Bob Beck popularized colloidal silver in the United States by implementing the Bob Beck bio-electrification protocol<sup>17</sup>, a method to make colloidal silver at home, which is still widely known today.

Colloidal silver continues to be used to sterilize water aboard NASA's Space Shuttle program.<sup>18</sup> And many Airline companies use filters with silver electrodes to purify water during flight today.

The wide and ever-expanding applications of silver in medicine, health and personal care, domestic household products and other daily activities, are evidence of the effectiveness of ionic colloidal silver as an anti-infective and antimicrobial compound, internally as well as externally.

<sup>13</sup> Prouvost, Édouard: Remarques cliniques et thérapeutiques sur l'épidémie de grippe de 1918, Paris: Jouve & Cie. Editeurs, 1919, 8 Volumes.

<sup>14</sup> A selection of studies: Möhler J.S., Sim, W., Blaskovich, M.A.T., Cooper M.A., Ziora Z.M. Silver bullets: “A new lustre on an old antimicrobial agent”, in: Biotechnol. Adv., 2018, vol. 36; pp.1391–1411; Möhler J.S., Kolmar T., Synnatschke K., Hergert M., Wilson L.A., Ramu S., Elliott A.G., Blaskovich M.A.T., Sidjabat H.E., Paterson D.L., et al.: “Enhancement of antibiotic-activity through complexation with metal ions—Combined ITC, NMR”, in: Enzymatic and Biological Studies. J. Inorg. Biochem, 2017, no. 167, pp. 134–141; Barros, Caio H N et al. “Biogenic Nanosilver against Multidrug-Resistant Bacteria (MDRB).” Antibiotics (Basel, Switzerland) Vol. 7,3 resistant bacteria with silver oxynitrate”, in: International Journal of Antimicrobial Agents, Volume 49, Issue 6, 2017, p. 719-726; Franco-Molina, Moisés A et al.: “Antitumor activity of colloidal silver on MCF-7 human breast cancer cells,” in: Journal of experimental & clinical cancer research : CR vol. 29,1 148, 16 Nov. 2010

<sup>15</sup> Robey, Daniel, Im, Ghiyoung and Wareham, Jonathan D.: «Theoretical Foundations of Empirical Research on Interorganizational Systems: Assessing Past Contributions and Guiding Future Directions,» in Journal of the Association for Information Systems Vol. 9, Issue 9, Article 4, 2008, <https://aisel.aisnet.org/jais/vol9/iss9/4>.

<sup>16</sup> Maxwell, Mary W.: Consider the Lilies: A Review of Cures for Cancer and their Unlawful Suppression, Waterville: Trine Day LLC, 2013, p. 60-61. See also: Kühni, Werner and Von Holst, Walter: Colloidal Silver: The Natural Antibiotic, Rochester, Vermont: Healing Arts Press, 2016.

<sup>17</sup> <https://www.bob-beck-protocol.be/downloads/beck-protocol-handbook.pdf>

<sup>18</sup> <http://potterswithoutborders.com/wp-content/uploads/2011/06/colloidal-silver.pdf>





# Usage tips

To get the most out of your solution  
and enjoy its many advantages.

## About colloidal silver

Colloidal silver is a powerful antiseptic that can destroy more than 650 pathogens, as reported by Dr Margraf. Silver is generally effective against infectious diseases (virus microbes, bacteria or fungi). Colloidal silver also offers regenerative properties with regard to cells, allowing it to facilitate healing, etc.

**Users should always be careful to choose the right method of administration to ensure maximum effectiveness.**

IMPORTANT: Since 1 January 2010, the ingestion of colloidal silver has not been **authorised** in the European Union, although the formulation has not changed and no side effects from silver colloidal have been reported to the FDA. Ingestion is not permitted because colloidal silver has been registered as a cosmetic product in the EU since the aforementioned date (More information here). The following data is provided for information purposes only and applies in countries like Switzerland where colloidal silver is considered a dietary supplement.



## Methods of administration

To get the best results, you have to choose  
the correct method.

- Liquid colloidal silver can be used in three different ways: internally, externally and through nebulisation.
- Colloidal silver gel is only used externally.  
It is the **recommended** choice for any external problems, as it offers better skin absorption.

## Internal use

To help fight infectious diseases  
**10 ml per day for adults (or 30 sprays)**  
**5 ml for children (or 15 sprays)**

### Recommendations :

- Leave the liquid solution **under the tongue for 1 minute** before ingestion.
- Take the solution at least **15 minutes before eating** to optimise the body's absorption of colloidal silver.
- Carry out treatments over a maximum of **3 months** and leave 1 month between.
- There is no need to dilute colloidal silver.
- Allow 1–4 weeks to see results.





# Usage tips

To get the most out of your solution and enjoy its many advantages.



## External application

To help counteract any issues with the skin & mucous membranes (eyes, nose, ears, etc.) and promote healing

**3 applications of liquid/gel per day**

**Recommendations :**

- Allow to the solution **dry naturally** or use as a soaked compress for improved results.
- We recommend **using the gel on the skin and mucous membranes as it offers better absorption**, allowing for better performance.

## Nebulisation

To help with any respiratory problems

**Up to 3 sessions of 5 ml per day (15 ml/day maximum)**

- Nebulisation is carried out using a nebuliser (prices start at less than 50 euros), allowing the silver to reach the lungs quickly without losing any of the solution, offering more targeted action and greater effectiveness.  
If it makes you cough, add a little sea salt and shake.



## More information

Please read this additional information carefully

- **Pets** can also benefit from the advantages of colloidal silver (1 ml per 7 kg per day for internal use & the same recommendations provided for humans for external use).
- **Colloidal silver should be stored in a dark place at room temperature** (e.g. inside a medicine box). For the gel, be sure to **keep the cap on** to avoid oxidation and discolouration (although it remains just as effective when oxidised).
- Herxheimer reaction: Your symptoms may temporarily worsen after taking colloidal silver due to the detoxification of the body. We recommend halving your doses, or stopping altogether if the symptoms are too difficult to manage.
- No interactions have been reported with any products.
- You can find more information on our [FAQ](#) page.



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# Proven safety



**Many studies demonstrate the safety of colloidal silver; we have selected 3 from the dozens that we found.**

## Scientific report on 120 years of history of silver nanoparticles

In this report, the authors show that silver nanoparticles have been used *for over 100 years* by humans and have even been registered as a «biocide» material in the United States since... 1954, over 60 years ago!

It should be noted that a very large proportion of biocides registered with the EPA (American Environmental Protection Agency) contain nano-silver: 53%. These biocides come in many forms: water filters impregnated with silver, algucides and antimicrobial additives.

## Randomized in vivo controlled trial

First of all, it is important to understand that the randomized in vivo double blind trial is the ultimate in well conducted scientific study. Here, the researchers studied exposures at 3, 7 and 14 days in American Biotech's laboratories with a colloidal silver solution dosed at 10 PPM. This was done in a randomized, double-blind, controlled trial in humans. The 36 volunteer subjects were subjected to a battery of metabolic, blood, platelet, urinary, inflammatory, salivary, physical, vital and magnetic tests.

*The conclusion is clear:* No significant clinical changes, be they metabolic, haematological or urinary, were identified.

## Study conducted at the University of Copenhagen

In this clinical study conducted in June 2007 at the Faculty of Pharmaceutical Sciences of the University of Copenhagen, the author set out to answer the following question: is colloidal silver toxic to cells?

The researcher used A549 human alveolar lung epithelial cells as part of his study. He compared the effects of the Ionosil brand to atomic gold and to silver quantum clusters on cells to look for evidence of cytotoxicity, inflammation and possible DNA damage.

*No toxicity*, DNA damage or inflammation was found from the Ionosil Colloidal Solution.





# Choose a product manufactured by believers



And find many other reasons  
*to choose us here*



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# The questions you ask us

## Category: general questions

### What is colloidal silver ?

Colloidal silver is an aqueous solution made up of purified water and silver.

### What is colloidal silver used for ?

Humans have enjoyed the beneficial properties of silver for thousands of years. Today, it is used to fight infectious diseases (bacteria, fungi, viruses, parasites) and to strengthen the immune system.

### What is the working principle of colloidal silver ?

The antiseptic action of colloidal silver can be explained in at least 3 ways. All three explanations are tied to its ability to inactivate microbial DNA and proteins, without damaging the tissue:

1. Disruption of the outer membrane proteins of pathogenic organisms
2. Inactivation of bacterial enzymes
3. Inhibition of bacterial reproduction by way of their DNA

### How should I use colloidal silver ?

In countries where colloidal silver is considered a dietary supplement, take 10 ml per day internally or spray externally 3 times per day. We have written a full page on this subject [here](#).

### How should I store colloidal silver ?

We recommend storing it in a dark place at room temperature: a medicine box is perfect. For the gel, remember to replace the transparent cap to avoid oxidation..

### Are there any interactions with silver-based solutions ?

To our knowledge, there are no interactions with colloidal silver.

On the contrary, beneficial effects have been observed when conventional antibiotics are taken in combination with silver, as demonstrated by *a study published* in 2013.

### Is colloidal silver banned ?

Contrary to what you may have read, colloidal silver is not banned: it is sold as a cosmetic product by the manufacturers, which implies that ingestion is not permitted. Ingestion is prohibited throughout the EU following its status change in 2010.

### What is the legislation regarding colloidal silver ?

Since 1 January 2010, colloidal silver is no longer considered a dietary supplement by the European Union. In France, all manufacturers of colloidal silver have registered it as a cosmetic product, which implies that it can only be used externally. After all, who would drink a cosmetic product ?

In many other countries, such as Switzerland, it is considered a dietary supplement, so it can be ingested.

We have written *a page* with more information on this topic.

### Is colloidal silver dangerous ?

The only recurring side effect is argyria: argyria is characterised by a grey/blue colouration of the skin caused by very large doses of silver.

No cases of argyria have been documented following the ingestion of commercially manufactured colloidal silver. The rare reported cases of argyria occurred following the domestic production of silver salts, which were then consumed in very high doses.

### Does colloidal silver destroy good bacteria ?

According to Dr Pedersen, there are no harmful effects on the gut microbiota. Colloidal silver only destroys pathogens with a primitive cell structure, thereby maintaining the sensitive balance of the intestinal flora by preserving the good bacteria.



# The questions you ask us

## Category: Our product

### Where is our colloidal silver made ?

We are proud to manufacture our solution in France at the following address :  
INSTITUT KATHAROS - 59 bd de la République • 13100 Aix-en-Provence - FRANCE

### Why choose a more concentrated solution ?

After going through the scientific literature, we found that many researchers came to the following conclusion : the more concentrated the solution, the more effective it is. Based on this observation, we worked for more than a year to produce the most concentrated colloidal silver solution possible via electrolysis: our tests allowed us to consistently achieve a concentration of 40 PPM.

The claim that solutions over 10, 15 or 20 PPM are less effective has been flying around for a while. There is no scientific data to back up this theory. More information can be found [here](#).

### What is the particle size of our colloidal silver ?

Thanks to our production method, our solution is made up of minute particles measuring 150 picometres (less than a nanometre), thereby guaranteeing a high level of effectiveness..

### What ingredients are used in the creation of our products ?

We only use purified water and silver in the production of our liquids. For the gel, we add a natural preservative and gelling agent.

### What colour is our solution ?

Our solution is completely transparent, which reflects its quality. The smaller the particles, the more transparent and effective the solution. The colour of the gel can vary due to oxidation: the colour does not affect its effectiveness.

### What are our bottles made from ?

Our solution is stored in glass bottles to avoid any risk of dispersion. Furthermore, the glass bottles are amber-coloured to protect the product from UV rays and guarantee its purity.

### What is the shelf life of our product ?

Our product has a PAO (Period After Opening) of 6 months: once the bottle has been opened, you have 6 months to use it. This recommendation is based on tests carried out by independent laboratories before the product was placed on the market. However, our internal tests indicate that it is completely effective after 6 months.

As long as the bottle has not been opened, it can be stored indefinitely.

### Should I dilute colloidal silver ?

There is no need for dilution; you can use your solution as it is. Our product, although more concentrated, still contains an extremely small quantity of silver.

### Where is my package ?

Your package has been shipped by Amazon : you should have received an email to that effect from «swiship». This email contains the shipping information, including the carrier and the tracking number.

### Why does my conductivity meter indicate 20 PPM instead of the 40 PPM advertised ?

Conductivity meters (TDS meters) are designed to measure the conductivity of the water, and they are therefore calibrated with a saline solution. However, silver has an electric potential two times lower than salt: to obtain an approximate estimate of the concentration of the silver solution, you must multiply the result provided by your TDS by two.  $2 \times 20 = 40$  PPM. Furthermore, testers that measure up to 999 PPM have a margin of error of 2%, or 20 PPM. These devices are therefore somewhat unreliable.

For qualitative results, you need to use a spectrophotometer instead of a basic meter for measuring dissolved solids, which was never intended to measure colloidal silver.

You can find all of the analyses proving the concentration of our 40 PPM solution [here](#). We are the only laboratory to make this kind of data public. As a matter of fact, we believe that we have a duty to share this sensitive information with you.



# The only natural colloidal silver gel... **IN THE WORLD!**

## **Ultra practical pump**

obtain the correct dose  
with a single press.

## **Lots of colloidal silver!**

Gel with over 95%  
colloidal silver.

## **Choose it in gel form**

for better external results.



**And why not read more about**  
***why this is the gel for you?***



**The colour of your gel may vary.**

Due to air oxidation, heat and UV. The gel remains equally effective.



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# Help spread the word about this great product!



We hope that this eBook has been useful to you and that you have been able to benefit from the many virtues of this wonderful natural product that is colloidal silver: we put our heart and soul into its manufacture every day with the greatest care.

## What if you share your experience?

The reviews posted are invaluable: without them, we would not exist! Being a small family business, your comment would give potential buyers important additional information. We would be extremely grateful if you could give us two minutes of your time to share your experience on Amazon or on any of our distributor websites, such as HealthMonthly.co.uk



**On Amazon, simply follow these steps:**



- Once logged into your Amazon account, go to “Your Orders”.
- Find the order for your colloidal silver.
- Click on “Write Product Review” and leave your comment.

**NOTE: If you have encountered a problem, please write to us at:**

*[contact@institut-katharos.com](mailto:contact@institut-katharos.com)*

As founder of the Katharos Institute  
I promise to find a solution quickly.



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