



Instructions for Over the Counter (OTC) products

Amerigel Blue	Apply to skin of lower legs, ankles and feet twice a day.
Bio Freeze	Roll on: Deep massage using long strokes into heel and arch 4-5 times a day. Spray and Gel: Apply to affected areas of feet 3-4 times a day.
Bromi-Lotion	Apply to bottoms of feet in the morning. DO NOT apply between toes.
Calicylic Cream	Apply twice a day to calloused areas for feet. DO NOT apply between toes.
Formadon	Mild hyperhidrosis use BID for 4 days and then twice a week for 6 weeks.
Formula 3	Apply to affected nails twice a day. Apply to non affected nails every other day.
Gordon Boro Packs	Dissolve 1 or 2 packets in 1 pint of water for modified <i>Burrow's Solution</i> ? then soak feet
Gormel Crème	Apply twice a day to bottom of feet. DO NOT apply between toes.
Kerasal Nail	Apply to toes once daily before bed.
Lambs Wool	Weave between toes then apply sock and change daily.
Mycomist	Spray in shoes one time at night. Turn shoes over and let air dry.
NeuRemedy	During the first 30 days take 2 capsules twice a day, after the first 30 days take 1 capsule twice a day.
Thera Band kit	Wrap red band around ball of foot, lock your knee, pull toes toward you, hold for 10 seconds, and release. Do 10 repetitions, 3 times a day. Follow Bio Freeze directions and freeze roller for relieve, massage as needed.
Pumi Bar	Use in shower on the bottom of feet.