

# KNF - 7



## FIELD MANUAL

# C.H.A.R. 001

### Tooth Toxins



KNF7Hygiene001

# Purge Paste

Measured by Ratios

Remineralizing, mineral-rich, and handcrafted  
for daily tooth and gum care. Good for up to 3 months.

## Base Formula:

**3 parts bentonite clay**

**3 parts coconut oil**

**1 part baking soda**

**3 capsules hydroxyapatite**

**(equals -1 part if measuring bulk)**

**2 packets xylitol, finely ground into powder**

**10 drops essential oil**

**(peppermint, cinnamon, clove, etc.)**

**10 drops sole or trace minerals,**

**or  $\frac{1}{2}$  tsp Sea salt**

## Instructions:

- \*Grind xylitol into a fine powder using a mortar/pestle or spice grinder,
- \*In a non-metal bowl, combine bentonite clay, baking soda, and powdered xylitol,
- \*Stir in coconut oil until creamy and incorporated.
- \*Add hydroxyapatite powder from capsules.
- \*Mix in essential oil and either sole/trace minerals or Sea salt.
- \*Store in a small glass jar with a non-metal lid

## To Use:

- \*Scoop out a small amount (pea-sized) with a wooden spoon or spatula
- \*Brush gently for 2-3 minutes
- \*Rinse, or follow with your Vitamin C gum rinse for extra healing

# Basic Bunker Blends

Simple formulas for cleaning teeth when supply access is restricted.

## Formula 1

2 parts baking soda  
1 part coconut oil

## Formula 2

2 parts bentonite clay  
1 part coconut oil

## Formula 3

1 part sea slt  
2 parts coconut oil

\*3 Quick blends, more upon request.\*

# Hydrogen Peroxide Rinse

## Measured by Ratios

See recipe PDF for additional detox bath protocols.

### Manufacture:

- Dilute food-grade peroxide to 3% solution
- 1 part 35% H<sub>2</sub>O<sub>2</sub> to 11 parts distilled water

### To Use:

- Never use directly after brushing with clay-based paste
  - Wait 10+ minutes if using clay
- Swish for up to 30 sec, then spit

**\*More uses upon request\***

# Field Notes + Blank Log

Date Mixed

A faint, circular watermark or stamp impression on aged, yellowish-brown paper. The word 'SAFETY' is printed in a bold, sans-serif font in the center of the circle. The circle is defined by a thick, dark grey or black outline. Inside the circle, there is a grid pattern consisting of a horizontal line intersected by several vertical lines of varying lengths, creating a series of rectangular boxes of different sizes. The entire watermark is very faint, appearing as a light grey or brownish tint against the aged paper.

## Ingredients Used

A faint, stylized illustration of a building with a central tower and arched windows, framed by a grid pattern.

## Effectiveness Notes

## Next Batch Changes

A faint, light blue watermark is visible on the aged, yellowish-brown paper. It features a curved line on the left side and a grid of vertical and horizontal lines on the right side, suggesting a technical or architectural drawing.