

### **Dextrose Cream: use twice daily**

250 g dextrose powder  
227 g Glaxal Base moisturizing LOTION

Beat together with a mixer for at least 2 minutes. Refrigerate excess until needed (can keep out a small jar at a time).

### **Sources:**

#### **Glaxal Base**

Make sure you buy the lotion, not the cream. Wellskin Glaxal Base moisturizing lotion 227g is better than the generic brand. You can find this at most pharmacies.

#### **Dextrose powder**

A beer making facility sells this. Maybe your local “make your own” wine store will have this as well.

#### **Back applicators**

Please check with us – these are available.

### **Notes:**

- 1) The lotion is a bit sticky.
- 2) It works even better if concentrated under gloves or cling-wrap.
- 3) It may grow fungus if containers are not kept closed or are kept for too long; refrigerate any unused portions to prevent this. (Ie. keep out a cup at a time).
- 4) Usually no more than 2 teaspoons can be used for a fairly large application, so it is inexpensive.