

Adults and children 12 years and older.

- a. Use the tip of the cap to break the seal and open the tube
- b. Wash the affected skin with soap and water and dry completely before applying
- c. For athlete's foot wear well-fitting, ventilated shoes. Change shoes and socks at least once daily.
 - Between the toes only: apply twice a day (morning and night) for 1 week or as directed by a doctor.
 - On the bottom or sides of the foot: apply twice a day (morning and night) for 2 weeks or as directed by a doctor.
- d. For jock itch and ringworm: Apply once a day (morning or night) for 1 week or as directed by a doctor.
- e. Wash hands after each use.

Children under 12 years: ask a doctor