



What is the Diabetic Basics (DB) Antimicrobial Healthy Foot Kit?

Created by Diabetes Healthcare Professionals. The Diabetic Basics Kit offers a NEW, preventative approach for managing diabetic foot care BEFORE any serious complications may arise.

The DB Healthy Foot Kit promotes a proactive approach to foot care by encouraging a daily foot hygiene regimen.

The DB Kit contains three essential products for healthier skin. Each product kills 99.9% of disease and odor causing germs; and this is especially important for those individuals living with diabetes.

How is the Diabetic Basics Kit used?

Mornings: spray feet with DB Instant Foot Sanitizer covering the tops and bottoms of feet as well as between the toes. Massage into skin or allow to air dry. Then, before putting on socks and shoes, sprinkle DB Healthy Foot Powder over feet and in the shoes.

Evenings: apply DB Healthy Foot & Body Lotion to the feet and between toes, and any other dry or problem areas such as knees, elbows and hands. This patented formula allows a little bit to go a long way.

Who can/should use Diabetic Basics Instant Foot Sanitizer?

The DB Instant Foot Sanitizer is especially beneficial for individuals who must avoid exposure to infection causing microbes; such as those with diabetes or other circulatory disorders.

However, all age groups may benefit from the use of this product.... a toddlers' sweaty little feet in vinyl-footed pajamas, on-the-go teens wearing the same pair of shoes day in and day out, athletes who frequent the gym, and mobility-limited individuals who may have difficulty reaching their feet for proper cleansing.... All will benefit from daily use of the DB Instant Foot Sanitizer.

When is Diabetic Basics Instant Foot Sanitizer useful?

- As part of daily foot hygiene routine, for those individuals with diminished lower extremity circulation for who foot care is vitally important.
- In public facilities such as health clubs, locker rooms, community pools, and even hotel rooms. Any public facility where germs may easily be spread.
- At home, prior to pedicures or nail polish changes, in hospitals and nursing homes, and in medical offices as a pre-treatment to nail and callous reductions.

What benefits does Diabetic Basics Instant Foot Sanitizer provide?

- Kills 99.99% of disease causing germs in 15 seconds
- Waterless – no rinsing required
- Alcohol free – it will not sting or burn when it comes in contact with small cuts and scrapes.
- Attacks foot odor in two ways:
 - Contains a natural deodorizing agent, Sandalwood
 - Kills odor causing bacteria, molds and fungi
- Contains Allantoin, a natural botanical ingredient that:
 - Protects live skin cells
 - Gently moisturizes and softens skin
 - Promotes new cell growth
- Economical – product lasts up to six weeks when used daily
- Non-greasy

What are the benefits of daily use of the Diabetic Basics Instant Foot Sanitizer?

DB Instant Foot Sanitizer's germ-killing performance not only exceeds FDA standards, but its effectiveness actually increases with repeated use. This unique formulation is alcohol free, and will not dry, irritate the skin, and will not sting or burn small cuts and scrapes. The germ-killing action of DB Instant Foot Sanitizer is persistent, which means its germ-killing effect continues after the product has absorbed into the skin.

What are the advantages of an Alcohol Free Instant Foot Sanitizer?

DB Instant Foot Sanitizer has none of the ill effects associated with alcohol based sanitizers. Research from several studies has concluded that *the frequent use of alcohol based sanitizers actually increases the number of bacteria on the skin.* Always read labels carefully!

Alcohol is a solvent that strips away oils, and dries out the skin. This drying-effect causes skin to chap and crack. The result is dry and irritated skin that is more vulnerable to infection. The fragile skin of diabetics and seniors needs moisturizing and protection from germs.

Alcohol begins evaporating from the skin almost immediately after it is applied. Upon evaporation of the alcohol, its germ-killing power is gone, leaving the skin dry, chapped, and susceptible to infection.

Alcohol based sanitizers contain as much as 70% ethyl alcohol, and are therefore highly flammable. In contrast, the DB Instant Foot Sanitizer contains no alcohol and is non-flammable.

Unlike alcohol based sanitizers, DB Instant Foot Sanitizer will not sting or burn when it comes in contact with small cuts and scrapes.

Does the Diabetic Basics Instant Foot Sanitizer need to be wiped off after application?

No. DB Instant Foot Sanitizer is designed to be left on the skin until it is absorbed.

What is the recommended amount of Diabetic Basics Instant Foot Sanitizer needed per application?

One spray on average (two sprays women and men with shoe size > 10) is sufficient to cover the top and bottom of the feet, as well as the area between the toes.

What is Allantoin? What does it do?

Allantoin is a naturally occurring botanical substance that aids in healing dry, chapped, and damaged skin. It softens skin, and enhances moisture absorption by helping remove dead skin cells. Allantoin binds with and protects live skin cells, leaving only the germs exposed to the germ-killing ingredient in DB Instant Foot Sanitizer. The addition of allantoin makes DB Instant Foot Sanitizer gentle to the skin, while improving its effectiveness.

What are the benefits of Diabetic Basics Healthy Foot & Body Lotion?

Your skin is your bodies largest organ, and it is the first line of defense against infection. Keeping skin hydrated, moisturized and smooth helps the body defend itself against infection causing germs.

People living with diabetes often face health problems related to a breakdown in the skin's naturally protective barrier. DB Healthy Foot & Body lotion is expressly formulated to promote healthy, intact skin.

When do I use Diabetic Basics Healthy Foot & Body Lotion?

Use DB Healthy Foot & Body Lotion anytime, and anywhere you would use ordinary lotion. The patented formula safely kills disease causing germs commonly spread through hand-to-hand contact. The germ killing activity of this patented lotion kills bacteria, fungi, and viruses left behind after hand washing and is more effective than antibacterial lotions and soaps.

Do you occasionally nick or cut your legs while shaving? Does your skin feel dry or chapped after shaving? Diabetic Basics Healthy Foot & Body Lotion contains allantoin to soothe and help heal minor abrasions and infections, while moisturizing dry, damaged skin.

Use DB Healthy Foot & Body Lotion in the office where working hands can become dry, and where the spread of colds and flu are common.

DB Healthy Foot & Body Lotion's germ-killing power is especially useful after you've only quickly rinsed or washed your hands without using soap.

Are required to wash your hands frequently? DB Healthy Foot & Body Lotion is exceptionally effective if you suffer from dry, chapped, or cracked skin caused by frequent hand washing.

What makes Diabetic Basics Healthy Foot & Body Lotion different from other scented or antibacterial lotions?

The most important difference is that antibacterial "germ killing" body lotions do not kill viruses or fungi that also cause disease. Diabetic Basics Healthy Foot & Body Lotion kills bacteria, fungi and viruses, and is the most effective germ-killing lotion available. Laboratory studies show that Diabetic Basics Antimicrobial Lotion kills 99.99% of disease causing germs, and the Diabetic Basics Lotion continues to kill germs after it is absorbed. Studies also show that the effectiveness increases with repeated use.

Additionally, many body lotions contain fragrances. In fact, many fragrances are so strong and last so long that they can compete with your cologne or perfume. DB Healthy Foot & Body Lotion has a natural peach scent that is subtle and dissipates (goes away) in 5 to 10 minutes.

What other benefits does Diabetic Basics Healthy Foot & Body Lotion offer?

Water-based DB Healthy Foot & Body Lotion is a light weight, fast absorbing, non-greasy formula that softens, and promotes the healing of damaged skin. It also kills disease causing germs while stimulating new skin growth.

DB Healthy Foot & Body Lotion contains vitamins, allantoin and anti-oxidants to protect the skin, improve elasticity, and reduce the visible signs of aging! The special emollient, allantoin, enhances penetration while soothing, softening and healing damaged skin.

DB Healthy Foot & Body Lotion is designed to be used on your hands, legs, and arms, and even under your make-up! Diabetic Basics Lotion has been designed for use on your entire body.

What are the uses and benefits of Diabetic Basics Healthy Foot Powder?

The warm, dark, moist world of the human foot in a shoe is the perfect environment to promote the growth of bacteria and fungi that can cause foot odor and infection. DB Healthy Foot Powder absorbs moisture, which helps prevent sweaty feet. More importantly, it kills 99.9% of germs responsible for foot odor and infections.

How is Diabetic Basics Healthy Foot Powder used?

As part of a daily foot care routine in the morning, lightly sprinkle DB Healthy Foot Powder directly on intact, clean, dry skin, especially between the toes. DB Healthy Foot Powder may also be sprinkled in shoes to decrease friction, improve shoe comfort and help reduce odor and germ growth.

What measures can be taken to promote good foot hygiene?

On a daily basis:

- Visually inspect your feet carefully
- Keep feet clean and dry
- Gently, but thoroughly dry between toes
- Wear light colored socks of absorbent fiber
- Dress in appropriate footwear
- Wear properly fitting footwear
- Rotate shoe wear - don't wear the same shoes everyday
- Always have on footwear in public areas

What is the purpose of visual inspection?

The answer is cliché but nonetheless true, "The early bird catches the worm. AND An ounce of prevention is worth a pound of cure." Looking at your feet every day is the best way to detect a problem early and prevent a minor problem from becoming a major disability. Studies prove that visual inspection performed daily with a mirror facilitate the identification of color changes, spots, ulcers and other marks on the feet without error.

What should be done if an area of redness or injury on the foot is observed?

See your health care provider as soon as possible!