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www.seamineralswater.com

Suggested Guidelines for LiquiSea® Sea Mineral Nutrition



Based on a 150lb person, mix 1 teaspoon the equivalent of 1 capful of the LiquiSea® with 8 ounces of fruit juice, V-8 Juice, Tomato Juice, Grapefruit Juice, Grape Juice or with water. Some people take a 1/3 of a teaspoon at each meal in their favorite juice or water. Another great way to use our LiquiSea® is mix into your food during your meal. If you are using with the fine mist sprayer, each spray administers 1/48th of a teaspoon with each spray.

Do not drink the LiquiSea® straight. Our condensed sea nutrition was designed to be taken with liquid or with food. It is better to use our product with something on your stomach. The first 2 or 3 days, consider taking a half the recommended dosage. Some people when they are felling sick might select to take it in smaller increments throughout the day. This will help to keep the electrolytes in the body that are depleted with illness. Some doctors us sea minerals or mineral based products to help people who are constipated. If you experience diarrhea, your body is detoxing. You might lower your intake until your body adjusts.

Children may take LiquiSea® at a rate of 1 drop per every six pounds of body weight. For instance, an 18 lb. infant would take 3 drops, and a 60 lb. child would take 10 drops per day. Pets may be given 1 drop per six pounds of weight per day. Mix LiquiSea® in your pet's drinking water or spray with the fine mist sprayer directly on their food. Remember, you can always start with a lower amount and build up to the recommended daily amount. We sell a pre-formulated pet mineral available through our website at www.seamineralswater.com.

Our Ionic Sea Minerals are highly concentrated in the micronutrients derived from the ocean and then processed naturally to remove most of the sodium delivering a perfect balance of minerals readily absorbed by our bodies. Each teaspoon is full of nature's bio-available minerals and trace minerals.

Please store LiquiSea® at room temperature. An 8 oz. bottle of our LiquiSea® should last approximately forty-eight days. Our product has a five-year shelf life.

Other Helpful Lifestyle changes to consider

To gain the most benefit from our LiquiSea® Sea Nutrition, consider making other healthy lifestyle choices:

Avoid Smoking or Alcohol and Drink plenty of clean water each day. Avoid Soy products and Micro-waved Food or Drinks. Microwaves produce free radicals. Since the immune system must work hard to get rid of these, it will be distracted from fighting disease and infection. Avoid Fluoride Toothpaste and chlorinated and fluoridated water. Lower sugar intake to a minimum. If fighting a disease, cut out sweets altogether. It is reported that twelve teaspoons of sugar will knock out 95% of the immune system for 12 hours. Increase clean healthy water intake.