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[www.seamineralswater.com](http://www.seamineralswater.com)

## Suggested Guidelines for LiquiSea® Sea Minerals Bio-Trace Complex



Directions for Dietary Supplement: Shake the bottle first. Adults take 2 capfuls per day based on a 150 lb person. Always take with water, juice or with food for best absorption and taste. Children over 4 yrs old can take 2 drops per every 6 lbs added to their diet.

Directions for Drinking Water: Shake the bottle first. Pour 2 capfuls in one gallon of (Spring, Distilled or Filtered) water. The whole family or animals can drink and enjoy the benefits of organic electrolytes, natural vitamins and amino acids in their drinking water.

Bio-available minerals and amino acids are essential for many body functions. LiquiSea® Sea Minerals Bio-Trace Complex provides over 70 sea and plant derived minerals and trace minerals in their unaltered ionic form. Our organic sea and plant-derived minerals contain no toxic heavy metals or clay. This high complex nutrition supplement increases nutrition absorption, increases electro communication and helps detoxification. Balanced nutrition is proven to increase energy, improve sleep, reduce toxicity, promote natural healing and aid in restoration. For more information, go to [www.seamineralswater.com](http://www.seamineralswater.com).

Please store LiquiSea® Sea Minerals Bio-Trace Complex at room temperature. Our product has a five-year shelf life.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you have health problems or pregnant, please consult a health care professional before using.

### **Other Helpful Lifestyle changes to consider:**

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 your 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 to help carry toxins out of the body.