

# Max-Well™

## Offering Solutions for Maximum Wellness

### GUIDELINES FOR TAKING MAX-WELL IONIC SEA MINERALS

The magnesium and potassium in Ionic Sea Minerals makes them taste bitter, but fortunately they don't leave much of an after taste. Mix 1 teaspoon of a Max-Well mineral supplement product with 3 to 6 oz. fruit juice or mix with chocolate milk and drink during or after your evening meal, or before going bed. Some prefer taking the minerals in the morning when they first get up. Until your stomach is acclimated to the minerals, taking on an empty stomach may result in nausea. **NEVER take without diluting.**

For the first 2 or 3 days, consider taking a half dose to allow your body time to adjust. If you are sick, you might want to divide your dose in half, and take it in the morning and evening. Should you get diarrhea, it is an indication that you need to back off on the amount of sea minerals you are taking.

Children may take Max-Well Ionic Sea Minerals at a rate of 1 drop per every four pounds of body weight. For instance, a 12 lb. child will take 3 drops. Dilute each drop in at least 1.5 oz. liquid. Children, 1 cc for every 30 lbs., or less if this loosens bowel movements too much.

Pets: 1 drop per two pounds of weight per day. Mix it in their drinking water. Since cats don't drink much water, add the minerals to milk or cream. You can also try mixing it with their food, if the food isn't dry food. Young pets, 1 drop per 4 lbs. body weight daily. Dilute each drop in at least 1.5 oz. liquid.

After taking Ionic Sea Minerals, drink a swallow or two of something to wash the bitter taste from your mouth.

**Do not** refrigerate Sea Minerals. Store at room temperature. An 8 oz. bottle of Sea Minerals is a 48-day supply. They have at least a 5-year shelf life. The adult dose is one teaspoon for an individual weighing around 150 pounds. Consider adjusting the dose up or down to match your weight.

### Taking Ionic Sea Minerals to Help Alleviate Constipation

A single teaspoon of Ionic Sea Minerals contains 422 mg. of magnesium (60% magnesium chloride, 37% magnesium sulfate) Magnesium functions as a natural osmotic laxative. It pulls water into the colon.

- Increased water means moister stools, making them soft and easy to pass
- The extra water can create a hydraulic force that helps to expel stool from the colon
- Magnesium counters the tightening effect that calcium has on the colon, helping to restore normal bowel function

### **A balancing act that may take a bit of time to perfect**

It is possible to adjust the amount of minerals that are taken each day to help regulate the bowels. A quarter teaspoon can make the difference in the form of one's stool. With a little experience, it is generally possible to keep stool somewhere between a soft formed stool and a pile of mush.

When stool starts to get a little firm, try adding an extra quarter teaspoon for the next day. When stool becomes too loose, try taking away a quarter teaspoon the next day. With these small adjustments, it may be possible to keep bathroom experiences pleasant on an ongoing basis.

There are times that we do something that can cause constipation. For instance,

- Taking a trip that throws off our body's clock
- Eating a heavy meal that can bind us up
- Eating a large amount of meat or desserts

When this is the case, it might be helpful to be pre-emptive, by taking extra minerals, sometimes as much as an extra teaspoon, to keep things moving normally.

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Nobel prize winner Linus Pauling said: “you can trace every disease, every illness and every sickness to a mineral deficiency.”

### COMMON SIDE EFFECTS OF IONIC SEA MINERALS

- Looser stools (do you need any help with constipation? If so, Ionic Sea Minerals might help).
- A queasy stomach for the first few days, as your body adjusts.
- A time of detoxification during the first month of use, due in part to an increased efficiency of the liver.
- If you experience diarrhea or an upset stomach, dilute the product with more liquid, take with or after a meal, or decrease the amount you are taking.

Also, see if you notice any of the following:

More stamina

Increased energy

Improved digestion

Stronger, firmer finger nails

Improvement of skin conditions

Improved focus and mental clarity

Better sleep, more rested in the morning

Improvement of fungal and Candida problems

Improvement in outlook and the handling of stress

More oxygen to the lungs, meaning you don't get winded as quickly

#### CAUTION:

Sea minerals contain all the natural minerals found in the ocean, including a small amount of **iodine**. If you are allergic to any mineral and make the decision to take Ionic Sea Minerals, please do so with caution, and at your own risk.

If you have kidney disease, only take Ionic Sea Minerals under the advisement of a doctor. Healthy kidneys easily filter out excess magnesium not needed by the body. However, diseased kidneys may allow magnesium to accumulate in a person's system, causing a magnesium toxicity. Please note that kidney disease is one of the potential ailments caused by Type 2 Diabetes.

The normal adult dose is 1 tsp. (80 drops). If you find it hard to tolerate, try starting with a few drops and work up from there, monitoring to see if there is a reaction. This should work for most people.

The statements contained on this handout have not been evaluated by the Food and Drug Administration. Max-Well products are not intended to diagnose, treat, cure or prevent any disease.

[www.Max-Well.net](http://www.Max-Well.net)