

# Max-Well™

Offering Solutions for Maximum Wellness

## GUIDELINES FOR TAKING IONIC SEA MINERALS

### In Liquid Form

The magnesium and potassium in Ionic Sea Minerals make them taste bitter, but fortunately they don't leave much of an aftertaste. You can mix the minerals with grape or carrot juice, lemonade or chocolate milk to help mask the taste. The normal adult serving is 1 teaspoon a day. If you find the minerals hard to tolerate, try starting with a few drops a day and work up from there, monitoring to see if there is a reaction. Each person is different and needs to find the serving size that works for them. You might find that taking Ionic Sea Minerals two or three times a week is sufficient. Until your stomach is acclimated to the minerals, taking them on an empty stomach may result in nausea. NEVER take without diluting. For the first two or three days, consider taking only half a serving to allow your body time to adjust. You may also divide your serving, taking some in the morning and some in the evening. Another option is to carry a dropper bottle with you and add the minerals to whatever beverage you are drinking throughout the day. Ask us about our droppers!

Yes. Babies and children under 25 lbs. may take the Ionic Sea Minerals liquid at a rate of 1 drop per every four lbs. of body weight. For instance, a 36 lb. child would take 9 drops. Children weighing 25 lbs. or more can take 1/8 teaspoon of liquid for every 25 lbs. of body weight, but less if this loosens bowel movements too much. Remember to dilute the liquid according to the instructions on the label.

You may also give Ionic Sea Minerals to pets. Mix them in their drinking bowl at a rate of 1 drop for every three ounces of water or other liquid.

Do Not refrigerate Ionic Sea Minerals. Store at room temperature. An 8 oz. bottle of Ionic Sea Minerals is generally a 45-day supply. They have at least a 5-year shelf life.

### In Powder Form

Ideally, the best results come from daily use of Ionic Sea Minerals. You will get a daily dose of electrolytes and help support healthy digestion. Until your stomach is acclimated to the minerals, taking Ionic Sea Mineral Powder (especially on an empty stomach) may result in nausea, so it is a good idea to take it with food. For the first two or three days, consider taking a half serving to allow your body time to adjust. It is also important to drink at least 8 oz. of fluids (preferably water) with every 2 capsules, to keep your body from becoming dehydrated. When taking the scoopable powder, we would suggest using 16 oz. of water per scoop of powder.

Ionic Sea Mineral Powder capsules are safe for kids who are old enough to swallow pills. The suggested daily serving for children is 1 capsule for every 40 to 60 lbs. of body weight.

Babies and children under 25 lbs. may take the Ionic Sea Mineral Scoopable Powder at 1/64 tsp. per every four lbs. of body weight. Children weighing 25 lbs. or more can take 1/8 scoop (1/16 tsp.) of powder for every 25 lbs. of body weight, but less if this loosens bowel movements too much. Remember to dissolve the powder in liquid according to the instructions on the label.

## Promote Healthy Elimination

A single teaspoon of Ionic Sea Minerals, or 4 powder capsules, 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, helping to make them soft and easy to pass.
- The extra water can create a needed pressure 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.

## Other Benefits of Magnesium

- Magnesium has been shown beneficial for bone health and for the prevention of osteoporosis.
- It is also helpful for proper blood oxidation, which can mean a noted increase in energy.
- Magnesium relaxes the muscles and, when taken before bed, may help a person get to sleep.
- It may help prevent or remove calcium deposits in the joints, aiding with arthritis.
- It helps to balance out calcium, and may help to prevent or remove kidney stones and gallstones.

## After taking Ionic Sea Minerals, see if you notice any of the following:

More stamina	Stronger, firmer nails	More oxygen, less winded
Increased energy	Improvement of skin conditions	Better sleep/feeling more rested
Improved digestion	Improved focus and mental clarity	Improvement of fungal problems
Improved outlook	Improved stress response	

## Common Side Effects

- A queasy stomach for the first few days, as your body adjusts. Taking a half serving for the first 3 days helps this.
- A time of detoxification during the first month of use, due in part to an increased efficiency of the liver.
- If you experience diarrhea, you may need to decrease the amount you are taking.
- If it upsets your stomach, you can dilute the product with more liquid (liquid minerals only) or take it with or after a meal (capsules and powder).

## Caution

Ionic 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.