

Offering Solutions for Maximum Wellness

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

Mix 1 teaspoon of a Max-Well mineral supplement product with 3 to 6 oz. fruit juice or chocolate milk, and drink during or after your evening meal, or in the evening before bed. Do not take on an empty stomach, since it may result in nausea. Do NOT 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 build up to taking a half dose 4 times a day. 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. infant will take 3 drops, and a 60 lb. child will take 15 drops.

Pets: 1 drop per two pounds of weight per day. Mix it in their drinking water, or with their food, if the food isn't dry food. Young pets, 1 drop per 4 lbs. per day.

Our Ionic Sea Minerals are bitter, but fortunately they don't leave much of an after taste. After taking Ionic Sea Minerals, drink a swallow or two of something to wash the bitter taste from your mouth.

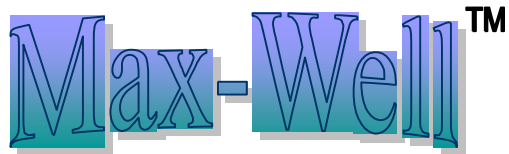
**Do not** refrigerate Sea Minerals. Store at room temperature. An 8 oz. bottle of Sea Minerals is a 48 day supply. They have at least a 5 year shelf life. The adult dose is one teaspoon for an individual weighing around 150 pounds. Consider adjusting the dose up or down to match your weight (i.e. 2 teaspoons for 300 pounds).

### Helpful Lifestyle changes to consider when taking our Herbal products

- To gain the most benefit from our herbal Sea Mineral products (especially important if you are battling a disease), follow these directives:
- Avoid Smoking or Alcohol. Alcohol destroys our herbs on contact.
- Avoid Soy products (e.g. soy milk, tofu, etc.) or soy ingredients, unless fermented. Soy products put an additional strain on the liver. Your liver is an important key to your wellness.
- Avoid 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. Chlorine, Bromine and Fluorine are all - 1 in charge, and tend to substitute themselves for much needed iodine.
- 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.
- When fighting a disease, avoid red meat. This includes beef, veal, ham, bacon, mutton, lamb, sausages and pork. These are an added strain on the liver. Chicken and fish are okay.
- Exercise regularly. To help your body rebuild, get enough sleep at night.
- Eat at least 4 servings of fresh fruit and vegetables every day, or drink freshly made fruit and vegetable juices – use any combination of organic carrots, apples, cabbage, lettuce, celery and other fruits and vegetables. Drink as much as you like.

The statements contained in this web site 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.us](http://www.Max-Well.us)



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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 more, take with 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, including a small amount of **iodine**. If you are allergic to any mineral and make the decision to try 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 your doctor. Healthy kidneys filter out excess magnesium not needed by the body. However, diseased kidneys may allow magnesium to accumulate in your 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). 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.

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