



## INSTRUCTIONS FOR USE

When taking our **Aussie Trace Minerals™** internally, the goal should always be to put just enough drops in your water so that the taste profile is acceptable. If you add too much and your water tastes too “mineraly,” this becomes counterproductive as you won’t want to drink as much water.

For example, fill up your normal drinking container with water and slowly start adding drops of **Aussie Trace Minerals™**.

Sample the water every few drops to make sure the taste is acceptable. Stop adding once the water has a slight mineral taste and simply remember this number of drops for your next refill.

A typical adult dose is between 20 to 40 drops per day. It really doesn’t matter if you take this amount in one dose or many smaller doses throughout the day.

The heat won’t harm our minerals whatsoever so feel free to experiment with some of your cooking recipes as a great low sodium alternative.

Consider adding our **Aussie Trace Minerals™** to soups and bone broths, scrambled eggs, roasting meat, rice, hot or cold drinks, smoothies, oatmeal, salad dressings or simply get creative.

We truly are here to help so please feel free to reach out to us with any questions or comments.



**BUY 4 8oz/240ml bottles, GET 1 FREE!**

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