



Cautions When Taking Zeolite

Zeolite is Safe and Non Toxic but be Careful

- ◆ If you have serious health problems consult your health practitioner first.
- ◆ Drink plenty of water as zeolite is dehydrating. If you have kidney problems, be cautious about your water intake and take minimum doses of zeolite. Consult your health practitioner.
- ◆ The normal dose is 1 - 2 level teaspoon (2.5 g - 5 g) per day. If you are very toxic, take ½ level teaspoon per day and build up dosage slowly.
- ◆ If you take more than 10 g of zeolite powder per day over a very long period of time it may cause some loss of nutrition.
- ◆ Do not take antibiotics, probiotics, iodine, products with high levels of phosphorous such as lecithin, iron or oil based supplements within 30 minutes of taking zeolite powder.
- ◆ Do not take zeolite powder while you are taking a medication containing heavy metals. Instead, take zeolite after stopping the medication to help rid your body of the heavy metals.
- ◆ If you are having chemotherapy or radiation therapy, take zeolite before, between and after treatments but not during treatments.
- ◆ Check with the manufacturer, a pharmacist or a doctor before taking quinolones, theophylline, propranolol, phenobarbitol, Warfarin and immunosuppressants. If you are in doubt, do not take zeolite.
- ◆ If you have had surgery, wait a few weeks for your body to readjust before taking zeolite.