

HOW MUCH KAQUN WATER SHOULD I DRINK EACH DAY?

Especially for those with chronic conditions, the ingestion of the highly oxygenated KAQUN water can lead to temporary cleansing reactions. For this reason, we recommend working up to full amounts on a graduated schedule, as follows:

- Days 1 through 3: 60 ml (2 oz) once each day
- Days 4 and 5: 60 ml (2 oz) twice each day
- Days 6 and 7: 60 ml (2 oz) three times each day
- Days 8 and 9: 90 ml (3 oz) three times each day
- Day 10 and after: increase daily amount by 60 ml (2 oz) per day until at the full amount

If you experience a cleansing reaction, simply reduce your daily amount to the level at which you felt fine, and stay there until the symptoms pass. Then continue to increase your daily amount on the above graduated schedule until you reach the following levels:

- To preserve health: 0.5 liter (17 oz)
- In case of chronic illnesses: 0.75–1 liter (260–34 oz)
- In case of excessive mental burden: 1 liter (34 oz)
- In case of a weak immune system: 1–1.5 liters (34–51 oz)
- For athletes: 1.5–2 liters (51–68 oz)
- For children and pregnant and nursing mothers: 0.2–0.5 liter (7–17 oz)



WHEN SHOULD I DRINK KAQUN WATER?

For the quickest absorption into your system, it's best to drink on an empty stomach, at least ½ hour before meals or 2 hours after meals. The most effective is to drink 200 ml (about 7 oz) of KAQUN water before meals on an empty stomach in the morning and to consume the remaining amount distributed during the day. KAQUN water can be used for taking supplements. Due to its refreshing, activating effect it is not recommended to be consumed in hours in the evening.

CAN I SIMPLY REPLACE MY INTAKE OF NORMAL DRINKING WATER WITH KAQUN WATER?

No, KAQUN water is not a replacement for regular drinking water. It is recommended that you accompany your consumption of KAQUN water with at least the same quantity (or more) drinking water. For example, if you drink a liter of KAQUN water in a day, you should also drink **at least** a liter of drinking water (or more).

HOW DO I STORE MY KAQUN WATER?

KAQUN water should be stored in a cool, dry place and out of direct sunlight. It should not be boiled or frozen since this can result in a loss of its high oxygen content. It is recommended to keep your bottles of KAQUN water away from electronics, cell phones, and Wi-Fi devices.

HOW LONG WILL MY KAQUN WATER LAST?

The water will last a minimum of 12 months from the bottling date, which is reflected in the expiration date printed on each bottle. *Please note when ordering KAQUN products that the expiration date is in a European format (e.g., day/month/year). For example, an expiration of June 20, 2024 would show on the bottle as 20/06/2024.*

For any additional assistance or to order more water, contact BODYHEALTH at 877-804-3258 or go online to BodyHealth.com. Bulk pricing is available.