

HEAT

Using filtered or de-ionized water (Alternatively leave tap water out uncovered overnight), heat up 2-4 ounces of water.



DISSOLVE DOSAGE

Dissolve your dosage in the heated water. See bag for dosage recommendations.



STIR/COOL

Stir until the product has dissolved completely. Let cool to a reasonable drinking temperature.



FLAVOR TO TASTE

Consider squeezing in a fresh lime or adding reconstituted lime juice if taste is too bitter.



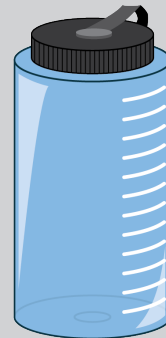
DRINK UP

Remember to divide your doses. Breakfast and lunch time are recommended. Adjust your dosage to maximize success.



HYDRATE

Remember to drink plenty of water throughout the day.



NO BOUNDARIES
HEALTH AND WELLNESS

