

USAGE GUIDELINES

Recommended adult dosage:
2 to 4 capsules / day or as needed.

Ionic Sea Mineral Powder capsules are safe for kids who are old enough to swallow pills and who weigh at least 40 lbs. The suggested daily dosage for children is 1 capsule for every 40 to 60 lbs. of body weight.

Until your stomach is acclimated to the minerals, taking them on an empty stomach may result in nausea.

It is important to drink at least 8 oz. of fluids (preferably water) with every 2 capsules, to keep your body from becoming dehydrated.

You might find that taking Ionic Sea Mineral Powder capsules two or three times a week is sufficient. However, it is usually better to take them every day. You will get a daily dose of electrolytes and can keep your bowels working well. Everyone needs to find the amount that works for them.

The statements contained on this handout have not been evaluated by the Food and Drug Administration. Max-Well products are not intended to diagnose, treat, cure or prevent any disease.



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Offering Solutions

For Maximum Wellness

Max-Well is a subsidiary of AG-USA

MAX-WELL'S Ionic Sea Mineral Powder Capsules

Unleash the Goodness of the Sea!



WHAT IS IONIC SEA MINERAL POWDER?

Max-Well's Ionic Sea Mineral Scoopable Powder is a naturally harvested Complete Ocean Mineral Complex that is formulated to help you hydrate more efficiently, maintain fluid/electrolyte balance and to help you meet your mineral nutrient needs.

POTENTIAL BENEFITS

- More stamina
- Stronger, firmer finger nails
- More oxygen to the lungs
- Increased energy
- Improvement of skin conditions
- Better sleep
- Improved digestion
- Improved focus and mental clarity
- Improvement of fungal and Candida problems
- Improvement in outlook
- Improved handling of stress

MAX-WELL'S Ionic Sea Mineral Powder

Nobel prize winner Linus Pauling said:
"You can trace every disease, every illness and every sickness to a mineral deficiency."

**Shipping included in price
ON ALL MAX-WELL PRODUCTS!**

TOP POTENTIAL BENEFITS

May eliminate constipation and promote comfortable regularity.

Offers a natural and POWERFUL source of electrolytes!

Contains magnesium which is beneficial for bone health and blood oxidation.

POSSIBLE SIDE EFFECTS

- A queasy stomach for the first few days, as your body adjusts. Taking a half dose for the first 3 days helps this.
- A time of detoxification during the first month of use, due in part to an increased efficiency of the liver.
- If you experience diarrhea, you will probably need to decrease the amount you are taking.
- If it upsets your stomach, you can take the product with or after a meal.

CAUTION

Ionic Sea Mineral Powder contains all the natural minerals found in the ocean, including a small amount of iodine.

If you are allergic to iodine, have kidney disease, or have Type 2 Diabetes, please only take Ionic Sea Mineral Powder under the advisement of a doctor.

Unleash the Goodness of the Sea!