



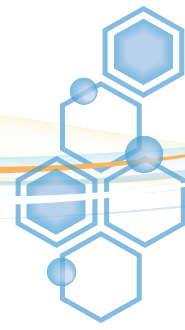
ASEA[®]

HEALTHYSELF
HEALTHYSELF[™]

Empower your body to heal itself.[™]

Inside

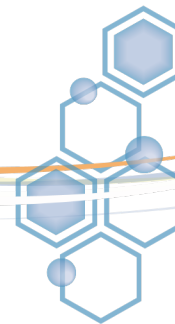
- Health Awareness Form
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Product Usage Instructions

Directions:

- ASEA is not intended to treat or cure any health condition. It supplements native redox signaling molecules, allowing your body to function at an improved cellular level.
- Do Not eat or drink 5 minutes before or after consuming ASEA. It is recommended to take prior to brushing teeth.
- Drink ASEA straight: **do not mix with anything.**
- Do not drink from the bottle. *Enzymes from the mouth and saliva will denature the solution as ASEA contains “Reactive Molecules”.
**You can drink directly from the sports pouch due to the sealed one way valve.*
- Drink ASEA by pouring directly from the bottle into a glass and replacing the cap. Do not use metal. (Glass MUST be soap & water clean and dry to avoid contamination.) We recommend using a disposable cup and consuming immediately.
- Start with 2 Ounces of ASEA twice daily. We recommend swishing the product inside your mouth for 15-45 seconds before swallowing for maximum absorption.
- We recommend taking the first dose of ASEA as soon as you wake on an empty stomach. Most people enjoy the energy boost by taking the second dose in the afternoon, while some find better sleep by taking it at bedtime. There is no wrong time to take ASEA and you will learn what is best for you as you test the product yourself.
- After 3 days, if you are not experiencing noticeable results, increase the dosage to 4 oz.. twice a day. After 3 more days, if you desire greater health benefits, increase the amount to 4 oz.. three times per day. Many people find great benefit through this increased dose for a couple of weeks at the beginning, due to the deficit of molecules and their particular health challenge or athletic need.
- For severe health challenges consume 4 oz.. four times per day for the first month.
- Everyone’s cellular function is different and responds to a variety of regimens. Take ASEA in the amount that works best for you. Taking 12-16 ounces of ASEA per day is proving to be very beneficial for severely health challenged individuals.
- ASEA has zero toxicity levels (see www.aseasafety.com for more info). It is 100% safe, non-toxic and native to the body.
- Once beneficial results are achieved, slowly decrease to the maintenance amount of 2-4 oz.. per day or more for your particular need.



Important Facts & Recommendations

Important Facts:

- **The shelf life of ASEA**, based on testing of the reactive molecules is 1 year. Once the bottle is opened and/or poured into a spray bottle the chance for external contamination could cause ASEA to denature which is likely to reduce the shelf life and product effectiveness. ASEA recommends using opened product within a month.
- ASEA increases cellular efficiency. **Be sure to drink plenty of water every day.** Hydration is extremely important to cellular health. The ideal amount is ½ oz. per one lb. of body weight, for example: a 150 lb. person should drink 75 oz. of water per day.
- ASEA can be refrigerated if desired. If ASEA freezes, allow to thaw completely before consuming. Extreme temperature does not affect ASEA.
- **Included in each case of bottles, you will find a fine mist sprayer.** ASEA absorbs through skin contact directly and many find welcome relief through topical application.
- **TASTE:** ASEA is not a juice or antioxidant formula. ASEA is a formula of stable redox signaling molecules that many compare to the taste of “pool water”. It is non-toxic and native to your body. Many find the taste changes as the body balances and wellness is restored.

Recommendations for Athletes:

- **Athletes:** During routine workouts, drink 2-4 ounces approximately 10-20 minutes prior to exercise. This is in addition to your 2-4 oz. daily dose and will vary due to the type and intensity of your workout.
- **Competition and Advanced Athletics:** Athletes are finding that taking 4-6 oz. of ASEA 20 minutes prior to an event or hard work-out is optimal. Drinking 2 oz. post event aids in recovery as well.

For more information on the Science Behind Redox Signaling and how these amazing molecules work, visit: www.aseascience.com



The Healing Process

What is it?

The healing process (also referred to as a cleansing or detoxification process) is a result of the body working to eliminate waste products. This occurs when the body tries to eliminate toxins from the cells faster than they can be properly disposed of.

Am I Reacting to ASEA?

These reactions are in fact signs that ASEA is working and is a Positive response. Your body is going through the process of cleansing itself of impurities, toxins, and heavy metals. Such reactions are temporary and can occur immediately, within several days, or even several weeks after consuming. This is NOT a negative reaction to ASEA, this is the body's natural healing process.

Why Does it Happen?

The reactive molecules in ASEA help the cellular function and efficiency. The healing process is the result of the cells working to eliminate waste products (like taking out the "garbage") through all elimination channels and sets the stage for regeneration. The end result: old is replaced with new. The temporary detox reactions usually occur due to dehydration. Without proper hydration your body will not have adequate fluid to move the toxins efficiently, causing a temporary increase in symptoms during the healing process. Consuming adequate amounts of water will minimize the length and severity of this process as your body works through this phase.

What Are the Symptoms?

Most symptoms usually pass within 1-3 days, but on rare occasions can last several weeks. The most common symptoms are headache, nausea, rash, general malaise or fatigue. A slight rise in blood pressure may also occur due to the following:

"The kidneys, while trying to get rid of the garbage will, at times, order an increase in blood pressure to help expel the toxins. This is a temporary condition that should last less than a month after taking the product consistently." - Dr. Gary L. Samuelson, Ph.D.

The amount of salt in ASEA is not enough to significantly affect blood pressure. The 123 mg. per 4 oz. is equal to eating 3 large carrots or less than one slice of whole wheat bread. Almost any salt-restricted diet can be modified to include ASEA.

If you are experiencing any of these symptoms, this is a great sign that improvement in your health has begun. One encouraging thought: athletes in our studies who experienced detox reactions, later had the greatest improvements.

What Should I Do?

If your symptoms are severe, take the following steps:

- Reduce your dosage by 50%
- In extreme cases you can lower the amount to ½ - 1 oz. per day or spray your tongue 5 times a day for a few days, then increase by 1 oz. per day as tolerated.
- Increase your intake of water (purified is best) to speed the detox process. The recommended water consumption is 1 oz. per every 2 lbs. of body weight. (A 150 lb. person should drink 75 oz. of water)
- If you are feeling fatigued or sleepy, your body is wanting you to rest because of previous sleep deprivation or required healing needs.

Be kind to yourself and get the rest that you require.