

Karen Stein, CHC, MDC, NESBP

Website: www.gohealthywithkaren.com

Email: karen@gohealthywithkaren.com

Phone/Text: 770-508-8980

ACTIVATED MINERALS (Electrically Charged Wellness Supplement)

- Promotes wellness, increases energy and improves oxygenation.
- Gluten-free, Non-toxic, non-dairy
- No calories, no sodium, no carbs, no fat - pH balanced
- See the difference with just one dose or take repeatedly for long-term effects.
- Topical treatment can be used to aid wound healing by direct topical application. Can be made into a mouth spray. See next page for instructions.

Total grams contents per 1 ounce (30 milliliters) serving

Mineral	Weight per serving in grams.	Recommended Daily Allowance (RDA) in grams or Recommended Daily Intake*
Boron	0.00019	0.0013*
Calcium	0.00022	1.0000
Chloride	0.00090	2.3000
Chromium	0.000002	0.000035*
Copper	0.000009	0.00009
Iron	0.000005	0.008
Magnesium	0.03060	0.420
Manganese	0.000002	0.0023
Phosphorus	0.000001	0.700
Potassium	0.00057	4.700
Silica	0.000093	0.700*
Sodium	0.000861	1.500
Sulfur	0.002064	1.000*
Titanium	0.000543	0.0020*
Zinc	0.000504	0.0110

Additional Trace Minerals found in natural sea water 0.000001 grams per serving

INSTRUCTIONS - All Activated Minerals are now **Extreme strength - \$40/bottle (Refrigeration not required)**

Take on an empty stomach. No food, supplements or medications at least 20 minutes before and after taking the Activated Minerals.

Intervention Needed: Take 2 bottles per day, approximately 8 hours apart, until symptoms are gone. Typically 3-5 days.

Immune Support Needed: Take one bottle for immune support.

Daily Ongoing Immune Support: Take daily as a spray, for prevention and support - see reverse side for instructions on making a bottle into a spray,

Best not to take the very first thing in the AM on an overnight empty stomach. Better to do 20 minutes after breakfast or another meal, to avoid any queasiness that can be associated with taking vitamins or minerals on a completely empty stomach. Hold the Activated Minerals in your mouth and swish around for 20 seconds or so before swallowing if possible.

1. ****IMPORTANT:** A small amount (equivalent of approximately 1/2 a sugar packet) of **sugar, raw sugar, coconut sugar, maple syrup, date syrup or agave but NOT stevia, should be added** to the bottle to counteract any queasiness from taking minerals on an empty stomach and enhance absorption.
2. Shake bottle well and drink entire contents.
3. Add more water, shake again and drink to make sure that all solution is taken from the bottle.
4. You can drink additional water after drinking the mineral shot drink.

Be sure to open the bottle carefully and not spill any when adding in sweetener. If you need more room in the bottle, shake well and take a sip to make more room then open carefully, add sweetener, shake again and take immediately.

Adults:
100-200 pounds: 1 bottle per dose
200 pounds and over: 2 bottles per dose

HOW TO MAKE A BOTTLE OF ACTIVATED MINERALS SPRAY

NOTE: DO NOT ADD SUGAR TO THE SPRAY!

This will last approximately 30-45 days using 3-4 sprays, 2 times a day.

*****INSTRUCTIONS TO FILL SPRAYER:** Shake one Activated Minerals well. Set it down and count to 10. Pour slowly into the spray bottle all the liquid. Some particles will remain in the original bottle. You can discard this as they will clog the sprayer if poured into the sprayer.

DIRECTIONS FOR USE: Shake Bottle Well. After spraying 3-4 sprays, hold and swish in mouth for 20 seconds before swallowing. Can be used as a nasal spray as well. Spray can be used 4 or more times a day for enhanced immune support. Can also be put in a glass spray bottle, but the nozzle is smaller and tends to clog with from the minerals.



★★★★★ 1,385

EMPTY GLASS 2 OUNCE BOTTLES - LEAD AND BPA FREE : [Link to glass bottles on Amazon](#)

Wash bottle before use.

NOTE: It is possible for sprayers to get clogged so it is good to have these back-up sprayers. If your sprayer clogs, try to flush hot water through it to unclog.