

# Important ASEA Use Notes

- \* Refrigeration is not necessary. Refrigerating can lessen the taste, although it is personal preference.
- \* Many notice the taste often disappears as their cells regain 'balance'. You may also notice less taste when using the athletic pouches.
- \* **Do not drink from the bottle as saliva will “activate” the molecules.**
- \* **Do not mix with other fluids or juices – this will “activate” the molecules.**
- \* **It is suggested you avoid intake of anything else within 10 min. of taking ASEA.**
- \* **Do not let ASEA touch metal – this will denature the molecules.**
- \* If ASEA freezes, you must let it thaw naturally and completely before use. You should also shake it once it has thawed.
- \* ASEA has a shelf life of 1 year.
- \* **Start with 4 oz daily. It's okay to split ASEA servings (2 x 2 oz).**
- \* **If you have a hard workout, then you might use 4-6 oz. before and 2 oz. after for added support.**
- \* Results vary for each person, anywhere from 3 days to 3 months.
- \* After 30 days, adjust consumption according to your results.
- \* Many people have found it beneficial to spray ASEA on their skin.
- \* Children can take ASEA, however it is not recommend as a daily supplement.
- \* ASEA has been shown to have zero levels of toxicity even in large amounts.
- \* If you are on a 4000 mg Sodium restricted diet, you can feel safe to know that ASEA has 123 mg of sodium per 4 ounces. One serving would be 3% of your daily allowance.
- \* If you experience “feeling worse before feeling better,” your body may be trying to remove stored toxins. Reduce to 1 oz first thing in the morning and increase slowly over time.

**PLEASE BE CERTAIN TO DRINK PLENTY OF WATER WHILE INTRODUCING YOUR BODY TO ASEA. 8 GLASSES A DAY IS BEST.**

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## More Information:

- <http://www.eChiFitness.com/asea.html>
- <http://echifitness.teamasea.com>

Note: This page and referenced websites do not contain statements evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.