

### **Ways of using Ionic Mineral Drops (IMD)**

Based on all-inclusive diagnostic statements on application of this product, if after using Ionic Mineral Drops (IMD)transdermally individuals wish to choose oral intake of Ionic Mineral Drops (IMD)then the following dosage protocol is strictly suggested in order to ensure the highest purity and best results.

#### **Recommended dosage for Internal Use:**

<b>Normal Dosage</b>	<b>Daily</b>
1	5 Drops Morning
2	5 Drops Evening

Some Dos' and Don'ts for Ionic Mineral Drops:

- For best results, Ionic Mineral Drops (IMD) should be taken twice daily, i.e morning & evening, on an empty stomach.
- Drink this only in a glass tumbler and consume food after half an hour.
- Do not drink Ionic Mineral Drops (IMD) in steel or any other metal glass nor use any metal spoon to mix it
- Do not mix Ionic Mineral Drops (IMD) in milk or any other dairy product.
- Do not put Ionic Mineral Drops (IMD) on hot food, tea etc.
- It is recommended to drink plenty of water with Ionic Mineral Drops. Drink minimum 3 litres of water daily.
- If your don't feel any results then increase the dosage.

**Note: This is purely a dietary supplement. This product is not intended to treat, cure or prevent any disease. Please consult your health care professional.**