

# Max-Well™

## Offering Solutions for Maximum Wellness

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

### WHAT ARE IONIC SEA MINERALS?

This Ionic Sea Minerals supplement is pure, **concentrated ocean water**, and nothing more. We take 100 gallons of pure Australian ocean water and evaporate it down to one gallon. In the evaporation process around 99% of the sodium precipitates out of the solution (solidifies). The liquid that is left is a very low-sodium, ultra-dense mineral and trace mineral solution.

### GREAT SOURCE OF ELECTROLYTES

Electrolytes are minerals contained in your blood and other body fluids that carry an electric charge. It is important for the balance of electrolytes in your body to be maintained, because they affect the amount of water in your body, blood pH, muscle action and nerve impulses. Electrolytes directly influence the activities of all major organs in the body. Without them, your heart, brain and every other organ would simply cease to function. You lose electrolytes when you sweat, and when you go to the bathroom.

As the President of Max-Well, I have my own story of how our Ionic Sea Minerals have helped me. It all started with a weekly volleyball game. Years ago, my wife and I were missionaries in West Africa, and every Friday I would play volleyball with the local Bible school students. Because of the heat, I would always get a headache that lasted well into the next day. My wife, a nurse, bought me some Oral Rehydration Salts. I would mix a pack into 2 quarts of water and drink it during volleyball. The salts made the headaches far less severe. After completing our time in Africa, we moved back to the States, where our yard required a lot of landscaping. This kind of work really made me sweat. After a few months I ran out of the rehydration salts I had brought back with me, so I drank Gatorade and Powerade. I found out that when I drank a lot of these, the taste got to me. Although these drinks helped reduce my headaches and leg cramps, they didn't take them away.

When I discovered Ionic Sea Minerals in 2006, everything changed. I started taking a teaspoon every morning, and my headaches disappeared. Now on hot days when I work hard and sweat hard, besides my daily dose, I mix two teaspoons of Ionic Sea Minerals into a 3-quart container of water. This also works great when I play tennis. On really hot days, I add in a teaspoon of sea salt to replace lost sodium. Ionic Sea Minerals is the best electrolyte ever! No more headaches or leg cramps due to dehydration. I have given it to friends, and they marvel at how it relieves their muscle cramps and increases their stamina. I'm confident that it can help you, too!

### HELP ALLEVIATE CONSTIPATION

A single teaspoon of Ionic Sea Minerals contains 422 mg. of magnesium (60% magnesium chloride, 37% magnesium sulfate). Magnesium functions as a natural osmotic laxative. It pulls water into the colon.

- Increased water means moister stools, helping to make them soft and easy to pass.
- The extra water can create a hydraulic force that helps to expel stool from the colon.
- Magnesium counters the tightening effect that calcium has on the colon, helping to restore normal bowel function.

Sometimes we can anticipate constipation. For example, some people get constipated when they travel or when they eat an especially heavy meal. You may take extra Ionic Sea Minerals pre-emptively, sometimes as much as an extra teaspoon, to keep things moving normally.

### OTHER BENEFITS OF MAGNESIUM

- \* Magnesium has been shown beneficial for bone health and for the prevention of osteoporosis.
- \* It is also helpful for proper blood oxidation, which can mean a noted increase in energy.
- \* Magnesium relaxes the muscles and, when taken before bed, may help a person get to sleep.
- \* It may help prevent or remove calcium deposits in the joints, aiding with arthritis.
- \* It helps to balance out calcium, and may help to prevent or remove kidney stones and gallstones.



**After taking Ionic Sea Minerals, see if you notice any of the following:**

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

**GUIDELINES FOR TAKING MAX-WELL IONIC SEA MINERALS**

The magnesium and potassium in Ionic Sea Minerals makes them taste bitter, but fortunately they don't leave much of an aftertaste. You can mix the minerals with grape or carrot juice, lemonade or chocolate milk to help mask the taste. The normal adult dose is 1 teaspoon a day. If you find the minerals hard to tolerate, try starting with a few drops a day and work up from there, monitoring to see if there is a reaction. Each person is different and needs to find the dose that works for them. You might find that taking Ionic Sea Minerals two or three times a week is sufficient. Until your stomach is acclimated to the minerals, taking them on an empty stomach may result in nausea. **NEVER take without diluting.** For the first two or three days, consider taking a half dose to allow your body time to adjust. You may also divide your dose in half, taking some in the morning and some in the evening. Another option is to carry a dropper bottle with you and add the minerals to whatever beverage you are drinking throughout the day. Ask us about our droppers!

Ionic Sea Minerals are safe for kids! Children may take them at a rate of 1 drop per every four pounds of body weight. For instance, a 12 lb. child would take 3 drops, and a 60 lb. child would take 15 drops.

You may also give Ionic Sea Minerals to pets. Mix them in their drinking bowl at a rate of 1 drop for every three ounces of water or other liquid.

**Do Not** refrigerate Ionic Sea Minerals. Store at room temperature. An 8 oz. bottle of Ionic Sea Minerals is generally a 48-day supply. They have at least a 5-year shelf life.

**COMMON 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 dilute the product with more liquid or take with or after a meal.

**CAUTION**

Ionic Sea Minerals contain all the natural minerals found in the ocean, including a small amount of **iodine**. If you are allergic to any mineral and make the decision to take Ionic Sea Minerals, please do so with caution, and at your own risk. If you have kidney disease, only take Ionic Sea Minerals under the advisement of a doctor. Healthy kidneys easily filter out excess magnesium not needed by the body. However, diseased kidneys may allow magnesium to accumulate in a person's system, causing a magnesium toxicity. Please note that kidney disease is one of the potential ailments caused by Type 2 Diabetes.

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.