

## **SUGGESTED USAGE**

(For best results, use **DISTILLED** water only)

**FOR CHRONIC DISEASE CONDITION** begin with just **1 DROP** of Reagent combined with **1 DROP** of Activator taken 1-2 times daily. Use a small glass, such as a shot glass, and begin with a 5 drops of DISTILLED water, then add the drops of Reagent and Activator. Swirl together, then wait 3 minutes for the chemical reaction to finish. Add approximately 30 ml (i.e. 2 tablespoons) of distilled water, then hold in the mouth and under the tongue for 30 seconds before swallowing. Within minutes, most people feel the dioxide ion activity, which often comes via a rush of energy and "well being".

Increase the dose by a single drop each day until you reach the maximum recommended dose of 14:14 in two weeks. This maximum dose should only be used long-term if you are working to permanently reverse a chronic disease condition, and it can be taken up to 3 times daily, (once the body eliminates the waste products). When your immune system is balanced and strong, it is recommended to drop back to the maintenance dose of 4-6 drops daily.

**IF ONE DOES NOT HAVE A CHRONIC CONDITION** start with 1:1 and increase 1 drop daily until you have reached the maintenance dose of 4-6 drops daily. Even the "healthiest" body has a certain amount of toxins stored in the cells. When the dioxide ions oxidize the body's pathogens, the waste material created must leave the body - typically through the bowels and urine. Whether chronically ill or "healthy" - it is **NORMAL** to experience **detoxification symptoms** (aka Herxheimer reaction see [http://en.wikipedia.org/wiki/Herxheimer\\_reaction](http://en.wikipedia.org/wiki/Herxheimer_reaction)) as the dose is gradually increased. As toxins are oxidized, it is common to experience mild to severe flu-like symptoms including headache, muscle pain, nausea and diarrhea. If these symptoms become too severe, just drop the dosage back a few drops until they subside. Don't worry, these symptoms mean that you are truly **PREVENTING** serious disease from developing - and they are usually short in duration (8 - 72 hours).

**Do not use:** Keep in mind that there are three things that must be avoided when taking OTS. White, refined **SUGAR** absorbs oxygen molecules including hypochlorous dioxide upon contact. Also avoid all **CAFFEINATED** and **CARBONATED BEVERAGES**, as well as **ALCOHOL** while taking the OTS. Remember, these products **ROB** the cells and tissues of **OXYGEN**- while the OTS is powerfully **PROVIDING** essential oxygen ions.

**FOR CHILDREN UNDER AGE 8:** Start with 1/2 : 1/2 drops a day, then increase gradually until you have reached a maximum of 2:2.