

ISOTONIX

Mixing Instructions



For fastest absorption, Isotonix® is best taken on an empty stomach. Most vitamins need to have food in the stomach to help buffer and facilitate digestion, but because our products are Isotonix® (the same fluid pressure as your body fluids) it doesn't need to be digested. Giving you maximum nutrition to the body

STEP 1

Open the film on bottle by making a small hole in the film.

Tip: Use a pointy object to make a small puncture



STEP 2

Fill the WHITE bottle cap with powder

STEP 3

Use the overcap/clear cup to measure the water. One capful of powder requires 2 oz. (60 ml) of water. (Fill to the white line around the middle of the cup).



If you are taking more than one capful, mixing the powder and water in a larger glass is easiest