

# HOW TO TAKE NUTRAMETRIX® ISOTONIX®

Congratulations on taking steps to better health and well-being! Here are a few tips on how to take your nutraMetrix Isotonix products, and the best way to store your products for maximum benefits. Always follow the directions for use as indicated on the label of the bottle, unless otherwise instructed by your health professional.



**STEP 1:** Remove the clear overcap ② from your nutraMetrix nutrients. Then, remove the white bottle cap ① from the bottle. **DO NOT REMOVE THE PROTECTIVE FOIL** covering the bottle's opening. **STEP 2:** Make a small hole in the bottle's protective foil; this will help you pour accurately. Pour the appropriate amount of nutrient into the white bottle cap. **STEP 3:** Pour the nutrients from the white bottle cap into the clear overcap. Then, pour water into the clear overcap, up to the white line in the middle of the cup. (This equals about 2 fl. oz./60 ml) **STEP 4:** Stir the mixture until completely mixed. The contents may fizz during mixing. Your nutrients are ready to be taken. Note: Each capful of powdered nutrient requires 2 oz. of water. If you are taking more than one capful of a nutrient or multiple nutrients at once, mix the powder and water in a separate glass — per the directions on each bottle.

## HOW TO STORE NUTRAMETRIX ISOTONIX NUTRIENTS

- Keep nutraMetrix Isotonix products stored in a dry, cool place. A dry cabinet is an ideal place to store nutraMetrix Isotonix products. If nutraMetrix Isotonix products are stored in the kitchen or bathroom, keep them away from the stove, sink, heat-generating appliances (coffee makers, dishwashers, under-cabinet lights) or window ledges.
- Keep the white bottle cap screwed on tightly at all times, and try to avoid leaving the cap off for more than a few minutes at a time. Do not allow the white bottle cap to get wet, as this may cause caking. If it does get wet, dry completely before returning to bottle.
- Hardening of the powder — referred to as “caking” — happens when a powder is exposed to large temperature differences over a short period of time. Caking does not affect the product's potency, but if you experience hardening of the powder, shake the bottle's contents a few times to loosen the product. These tips will help to prevent the powder from hardening into a solid mass.