PRODUCT USAGE GUIDE

WHAT'S IN IT FOR YOU?

ASEA IS THE WORLD'S FIRST AND ONLY SUPPLEMENT CONTAINING **REDOX SIGNALING MOLECULES**, VITAL TO THE BODY'S NATURAL PROCESS OF CELLULAR REPAIR.

The results from drinking ASEA depend greatly on your body's needs. A number of people experience better sleep and an increase in energy. Many find that their thinking is clearer and that everyday tasks become easier. Others experience greater endurance during physical activity and quicker recovery after. To understand what ASEA is doing for you, begin by filling out the body inventory sheet found in this guide. It will help you track your progress with ASEA.

This usage guide was created in order to help you know what to expect as you drink ASEA, and to assist you in getting the most out of this extraordinary product.

THE MOLECULES IN ASEA ARE **NATIVE TO THE BODY**, MAKING IT 100% SAFE AND NONTOXIC.

GENERAL GUIDELINES FOR BEST RESULTS

- **Do not drink ASEA directly from the bottle**
  (a clean, non-metal or disposable cup is recommended)
- **Take ASEA on an empty stomach**
- **ASEA may be refrigerated**
- **Do not mix ASEA with anything**
- **Wait five minutes after drinking ASEA before eating or drinking**
- **If ASEA freezes, thaw completely and consume as normal**
- **Consistency is most important when taking ASEA**
- **For best results, consume ASEA within a month of opening**

Drink plenty of water each day to maximize the benefits of ASEA. Doing so aids in ridding harmful toxins from the body for maintaining optimal health.

Visit ASEA.net and click on "SCIENCE" for detailed safety information.

PRODUCT DIRECTIONS

Drink 2 – 4 ounces of ASEA every day.
We recommend drinking 2 ounces in the morning and 2 ounces in the evening.

2 – 4 OUNCES A DAY

INDIVIDUAL NEEDS

Stressed
For those with issues related to oxidative stress (poor sleep, prematurely gray or thinning hair, thin or wrinkled skin, or challenges with joints), drinking greater amounts after the first week may help.

Sensitive
Those who have sensitive immune systems or are concerned about how their bodies will react may find it helpful to begin with ½ ounce twice a day and gradually build to normal daily amounts.

Athletes
Most athletes consume 4 ounces 30 – 60 minutes before intense exercise, then follow with 2 ounces afterward to aid recovery.

Children
ASEA is safe for children of all ages.

ASEA has not been tested on pregnant or lactating women. ASEA cannot be recommended for such women. You can feel secure drinking ASEA knowing that decades of stringent testing have established its safety.

WHAT TO EXPECT

You can expect your body to go through two phases as you start drinking ASEA.

1 **REPLENISHING PHASE**, where the body adjusts itself to higher efficiency, eliminates accumulated cell waste, and restores proper function. Consistent consumption is vital during this phase. As the body adjusts, you may experience symptoms of detoxification such as headache or fatigue. If this happens, decrease your intake and build gradually to the recommended daily amount.

2 **MAINTENANCE PHASE**, where your body continues to optimize proper healthy function and prevent future problems.

BODY INVENTORY CHART

This chart will help you recognize the changes that are happening in your body as you take ASEA. Rate each function listed from 1 – 5 (5 being very good) and total the results. Fill out the BEFORE column and track your results each week to see the difference ASEA is making.

FUNCTION	BEFORE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Energy Level					
Muscle Pain					
Workout Recovery					
Stress Level					
Sleep Quality					
Mental Focus					
Joint Comfort					
Endurance					
Other					
TOTAL					

ASEA SCIENCE ADVISORY COUNCIL

ASEA is indebted to our Science Advisory Council for the information found in this guide.

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This product usage guide is intended for U.S. consumers only.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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For more information, contact:

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