**USAGE INSTRUCTIONS**

**HOW DO I TAKE ISOTONIC SUPPLEMENTS?**

Using the directions for servings, located on each Isotonix bottle, please add two ounces of water for each small cap of powder (powder is approx 1 teaspoon). Follow the instructions on the label of each product.

Start with 2 caps of OPC as a loading dose for 7 days. Take one cap in the morning and one at night. Empty stomach is best.

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**HOW DO I STORE ISOTONIC SUPPLEMENTS?**

Here are a few helpful suggestions about storing your Isotonix® products:

1. Keep Isotonix® stored in a dry, cool place.

2. Keep Isotonix® away from a bathroom and out of a child's reach

3. If Isotonix®products are stored in the kitchen, keep them away from the stove, sink, heat-generating appliances (coffee makers,dishwashers, under cabinet lights) or window ledges.

4. If you live in a very humid area you may store Isotonix® products in the refrigerator – but not in the fruit and vegetables area. This area has higher humidity. Always remember that moisture from the air quickly condenses on cold items taken from a refrigerator. Isotonix® powders will absorb this moisture, creating caking. In order to avoid this caking, please put Isotonix® products back into the refrigerator immediately after use. Alternatively, a dryer cabinet is an ideal place to store Isotonix® products.

5. When using Isotonix®, always clean and fully dry the screw cap’s threads thoroughly before replacing it on the bottle. If this is not done, the small amount of moisture left on the cap will quickly be absorbed by the sugars in Isotonix®, causing caking.

6. Keep the cap screwed on tightly at all times and try to avoid leaving the cap off for more than a few minutes at a time. You can also poke a small hole in the aluminum seal to keep out humidity. Plus it significantly helps control the flow of powder when measuring!

7. Hardening of the powder – referred to as “caking” – happens when a powder is exposed to large temperature differences over a short period of time. For example, storing Isotonix® in a car trunk on a hot day followed by moving the product into an air conditioned house is setting the perfect stage for caking to occur.

8. If you experience hardening of the powder, shake the bottle's contents a few times during the cool down period. This will help to prevent the powder from hardening into a solid mass.

9. Some people find it convenient to use a measuring spoon or clear measure cup instead of the bottle cap. Spoons and cups can be purchased at any kitchen supply store or pharmacy. If selecting a small measuring cup, measure out capfuls into the cup and mark the level(s) with a marker.

Remember, caking does not affect the product’s potency. However, it does make the product difficult to use. You can avoid caking by adopting the above methods to store and use your Isotonix® products.

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