

Instructions for Using AquaLyte

How much water should I drink?

Adults should drink a minimum of 2 liters (or quarts) of clean water daily. Heavier people need more water, children need less. A person weighing 200 lbs. would need 3 liters daily. You should drink about ½ ounce of water for every pound of body weight.

What kind of water?

Good, clean water will be fine. However, distilled or reverse osmosis water is best, because it doesn't have any minerals and allows for more of the coral minerals to be released in the water.

(Minerals occupy space, so less minerals means more space.) Any water can be used and you will still get benefits. Even chlorinated water will work, because the coral sachet will neutralize chlorine. The coral sachet is also designed to help kill bacteria in water, but needs longer contact time in the water (30 minutes or more).

How much AquaLyte do I use?

30 sachets are a 1 month supply. One sachet (mini-bag) will treat up to 2 liters (or qts.). Two sachets can treat up to 1 gallon. Always wait at least 5 minutes (or more) before drinking. However, if you are suffering from health problems, you can use 2 (or more) sachets for faster results. Details: If using 2 sachets, use 1 sachet per liter, when drinking 2 liters (or qts.) per day. It is best to only drink water that has been treated with AquaLyte, for faster results. The idea is to replace the water currently in your body with AquaLyte water. That means you are literally “flushing out” the old water. Since your body is about 70% water, your blood is about 90% water, and your organs are more than 50% water, then having better water means better health.

Do I open the sachet and dump the granules into the water?

Just put the sachet directly into the water like a tea bag. You can open it, but be careful not to drink the granules. (The granules don't dissolve completely.) Eating the granules won't hurt you, but they may get stuck in your teeth. In the event of “food poisoning”, we have reports of benefits from opening a sachet and dumping it on your tongue, then washing it down with water. If the sachet floats in the water, then it has trapped air, and it will still work. (Twist sachet to prevent air bubbles.)

Are there any side effects?

Since it is only minerals added to water, there are hardly no side effects and no interference with medications. It is safe for children, too. However, rarely there can be “detox” effects as your body is cleansed of toxins and acid waste, such as mild headache, or diarrhea.

Can I re-use the sachets?

AquaLyte sachets are designed to be used only once. There is some residual effect if used the second time, but it is not as strong as the first time. You can let them accumulate in the water container up to a week, if you are refilling the same container.

Other uses of AquaLyte

The sachets are designed to be used only once. You can let them accumulate in the water up to a week, if you are refilling the same container. You can air-dry the used sachets and sprinkle the granules on your pet's food, put into tropical fish tanks, or put on the soil of potted plants, or on your garden. Use your imagination to come up with other uses.