

## Instructions for Using Lonyte

**Do I put lonyte in water?** Yes, lonyte improves the quality of any liquid, especially water. However, you can put it directly into your mouth and hold for 2-5 minutes (under your tongue) before swallowing.

**What kind of water?** Non-chlorinated water is best, unless using with AquaLyte which neutralizes chlorine.

**How much lonyte do I use daily?** Suggested use is 4 half-droppers (dropper filled halfway) in a half-gallon container (2 quarts), or 1 half-dropper per 16 ounces of water. For more severe problems use double that amount. Also increase the amount of water you drink according to your weight. Everyone should drink half their body weight in ounces of water daily. For example: If you weigh 200 lbs., you would need 100 ounces, or 3 quarts of water daily with a total of 12 half-droppers of lonyte. Each 4 oz. bottle contains approximately 120 half-droppers, so 4 half-droppers per day would be a month's supply. We have reports of people drinking a full bottle in one day without side effects, but the average usage amount for benefits is 4-8 half-droppers per day.

**When should lonyte be taken?** Anytime is okay. You can put lonyte into any liquid. Since lonyte improves digestion, it is good to take with meals. Lonyte improves energy levels, so if you have trouble sleeping, avoid taking it just before bed. It is important to only drink water that has lonyte added. You want to replace your body's water with lonyte water.

**What about children?** Lonyte only contains trace amounts of its ingredients, so it is safe even for children, if the amount is adjusted for size. Infants being bottle fed can have 1 or 2 drops (not droppers) per bottle. Small children can have half the recommended amount suggested for adults totaling 2 to 4 half-droppers per day. Children should also drink half their body weight in ounces of water and the lonyte should be divided evenly in the total ounces of water.

**Are there any side effects?** Since it is only trace amounts of minerals, enzymes, vitamins, and amino acids, lonyte is very safe and virtually without side effects. However, rarely there can be "detox" effects as your body is being cleansed of toxins, such as a mild headache, or diarrhea.

**What are some other uses of lonyte?** Lonyte can be used topically as well as internally. It is great for helping all types of wounds heal faster. For best results use it "full strength" on any skin problem including: cuts, burns, scrapes, bruises, bumps, bug bites, insect stings, any sores, infections, and any aches or pains. For rashes try a small area first. It can even be used in the eyes. Swish it in the mouth for toothaches, abscesses, and sores. It is fantastic for pets of all kinds. It is a miracle for plants (use 1 tablespoon per gallon of water), but don't use it more than once every 10 days. It is very safe, so use your imagination.

**Can I use AquaLyte and lonyte together?** Yes, you can with limits. Place one sachet (mini-bag) of AquaLyte into a half-gallon of any kind of water. Distilled or R.O. is the best water to use. Add 4 half-droppers of lonyte and shake well. Allow to sit for 20-30 minutes, shake again, and it's ready to drink. You need to add a new sachet every time you make a new container of water. You can let the sachets build up for 1 week before removing them. The treated water can be stored at room temperature or refrigerated.