

DIRECTIONS AND DOSAGE FOR IONIX SUPREME

DIRECTIONS and DOSAGE:

- ***To start . . .*** drink 1 oz - just before bed. The body will begin to cleanse, replenish and rejuvenate. This may require extra - or ***immediate*** – energy and could cause some ***temporary*** sleepiness – as the body repairs best when it sleeps. Each person will decide the best time for their body to take IONIX SUPREME - morning or night - or both. Increase to 2 oz / day – if desired.
- ***For best results . . .*** savor the IONIX SUPREME by swishing it around in your mouth for 30 – 60 seconds before swallowing. This will initiate faster absorption and give you a pleasant tingling sensation as the liquid begins to activate. It will leave you with a refreshing taste of ginger. Experience and enjoy the aromatic sensation of the herbs !