

Welcome to ASEA!



Congratulations on making the decision to improve your health and join with a fun and exciting company and team!

Basic Use Guidelines: when you get your ASEA product there are basic usage guidelines on the bottle - here are a few things that answer many of the questions that come up... get more detail from [ASEA FAQ section- http://www.teamasea.com/faq.aspx](http://www.teamasea.com/faq.aspx)

- ✓ ASEA has a year shelf life unopened, but once opened it should be used within 30 days
- ✓ Refrigeration is fine, but not necessary... if the bottle freezes (i.e. shipping) thaw completely before using.
- ✓ Don't drink ASEA right from the bottle, avoid bottle contamination, and preferably don't mix ASEA with juices because mixing with external substance can reduce effectiveness.
 - Use clean plastic or glass to serve ASEA.
- ✓ Keep well hydrated, 8 glasses of water a day is good.
- ✓ Heat does not harm effectiveness- i.e. getting hot in direct sun in closed car
- ✓ ASEA is 100% safe, non-toxic and native to the body. One, of several, test result is available from distributors back office resource library or [click here if this link is active](#).
 - Regarding taste and odor- as detailed in the FAQ, ASEA has several compounds that contain chlorine. ASEA has no chlorine added- the slight taste/smell comes from a natural form of chlorine created by processing during the creation of the reactive molecules.
 - This form of chlorine is similar to the native forms of chlorine formed in your body's cells during the natural metabolism and immune system function
- ✓ Before your first use, fill out the ASEA Body Inventory www.AmazingTeamSupport.com/ASEABodyInventory2.pdf... knowing where you are starting from will help notice improvements more readily.
- ✓ If you are on a 4000mg Sodium restricted diet you can be assured to know that ASEA has 123 mg of sodium/4 ounces. One serving would be 3% of your daily allowance.
- ✓ **Don't run out of ASEA!** Ask your sponsor if you are set up with the autoship program.

Directions for Use: as shown on the bottle label is 2-4 oz/day for adults.

- ✓ Start the first month with the 4 oz/day then afterwards 2 oz/day maintenance.
 - If not getting expected benefit, you can take more than the recommended up to 8 or 12 oz/day, with no problem... return to the recommended when ready.
- ✓ **Athletes:** Take 2-4 oz before your event or workout, take 2-4 oz afterwards for fast recovery. Note: ASEA has been tested and shown to have no "banned substances". Documentation is available in distributors back office resource library or [click here if this link is active](#).
- ✓ **Spray Bottle:** is shipped with certain orders. Spray ASEA... safe for eyes, cuts, burns, acne, etc. Try it on everything!

Other terrific resources:

- www.AmazingMolecules.com
- *How the Body Heals Itself* from your backoffice resource or if link is active [click here](#)