

# E-lyte

## Minerals Are Essential

**DIRECTIONS FOR USE:** Mix 1/4 fl. oz. (7.5 ml) of Pre-Mix daily with your favorite juice, preferably orange or grapefruit or H<sub>2</sub>O and vitamin "C." Test yourself frequently (at least weekly) to determine current mineral status. If desired, add #4\*, #8 and #9\*\* using the individual E-Lyte Minerals Bottles.

**NOTE:** This Pre-Mix is a convenient way of taking a dose of the essential minerals (#1, 2, 3, X, 5, 6, 7). A change in taste may indicate your body's response to one of the 6 minerals has changed and you should test yourself to determine which one(s) has changed. After testing, if you do not like one or more minerals, create a new mineral drink recipe from scratch using the individual E-Lyte Liquid Mineral bottles. Continue creating your own mineral drink or if testing indicates, return to the Pre-Mix. To insure proper health take only the minerals your body desires. Do not increase your daily dose of the Pre-Mix unless advised by a Health Care Professional.

\*E-Lyte Pre-Mix does not include #4 (Copper) which you may like.

\*\*If desired add #9 (Iodine) at 3 drops per day.



## Pre-Mixed Liquid Minerals Dietary Supplement 8 fl oz (236 ml.)

### Supplement Facts

Serving Size: 0.25 fl oz. (7.5 ml.)  
Servings: 32

Amount per serving

Calories	0	Calories from Fat	0
% Daily Value*			
Potassium	40 mg	1.2%	
Zinc	7.8 mg	52%	
Magnesium	25 mg	6.25%	
Chromium	500 mcg	415%	
Manganese	1.7 mg	85%	
Molybdenum	75 mcg	100%	
Vitamin C	35 mg	100%	

\*Daily Values are based on a 2000 calorie diet.

**INGREDIENTS:** A proprietary blend of purified water, (1) potassium phosphate, (2) zinc sulfate, (3) magnesium chloride, (5) chromium chloride, (6) manganese gluconate, (7) ammonium molybdate, and vitamin C.

**MUST BE REFRIGERATED!**

# PREMIX LIQUID MINERALS