



# Isotonix®

The world's most advanced nutraceuticals

## Mixing Directions



**STEP 1:** Open film on bottle top by making a small hole in silver film.

**TIP:** Use a pen to make a small puncture.



**STEP 2:** Fill (white) bottle cap with powder.

**STEP 3:** Pour powder into clear plastic dosage cup. Fill to white line with water(2oz.) & stir. Drink on an empty stomach for most effective absorption.



*Isotonix supplements are designed to be used together. If You are taking several supplements request a cup designed to accommodate specific additional water amounts.*



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