

## **How to Use Your Alkaline Water Flask**

The Alkaline Water Flask is a portable water dispenser that converts regular water into alkaline and ionized water that anyone can drink anywhere, anytime.

Fill the bottle with hot water (above 90 degrees) before initial use in order to activate the Nano particles. Once the water cools, repeat the process by adding cold water. Then shake the bottle and empty. It is now ready for use.

When water is poured from your Flask or when the bottle is shaken you may hear a rattling sound. This is simply the minerals moving around. This is a normal sound.

For each use, fill the Flask completely with water below 110 degrees Fahrenheit or less than 48 degrees Centigrade. You can drink the water immediately. If you wait a few minutes, you will get an even better result.

After filling the Flask, screw on the lid but do not over tighten. There is energy being released inside the Flask which could cause a slight increase in the pressure inside.

Store the Flask and removable filter separately in a cool dry place. You can put them in the refrigerator to keep them cool.

Over time, you may see residue build up on the inside of the Flask. Use lemon juice or white vinegar to remove it.

Initially, you may experience a degree of detoxification. This is known to cause mild diarrhea and possibly drowsiness. These should clear in a few days.

The filter should be changed once a year or when the water changes to a harsher taste. This is dependent upon how often you use the Flask and the amount of water put through it.

The Flask is strictly meant to filter water. Do not use it to drink carbonated drinks, milk, coffee, tea or other similar liquids. Those liquids could harm the effectiveness of the Flask.

Do not use the Flask water for taking your medications.

Do not keep water in the bottle overnight. If you leave water in the Flask over night, dump it out and fill the Flask with new water.

Do not put the Flask in a microwave or heat it with any instrument including a stove.

As a good practice, do not use the Flask if you are pregnant or nursing since the water from the Flask is high in alkalinity which small children do not need.