

How to Use the Alkaline/Hydrogen Water Stick

The Alkaline/Hydrogen water stick is also known as the diet water stick or diet ion stick! It can even help you lose weight when you drink sufficient quantities of water! The water sticks change bottled or tap water into ionized water with negative potential and a small molecular group.

1. Before using, put the stick in a clean bottle filled half-way with tap or bottle water (if bottled, preferably one with a 7 pH or higher). If stick is covered with plastic wrapper, please remove before putting into the water. Shake vigorously for 30 seconds and dispose. This removes excess loose minerals. Repeat 2 more times.

2. Fill the bottle again with water and shake vigorously for 30 seconds and wait 15-20 minutes before drinking. The longer the water sits with the ionic stick submerged, the stronger the ionization and the higher the pH (up to pH 9.5) Also, a strong negative charge (ORP of -100 ~ -150) is attained. But, you may get a strong taste. If this happens, dilute it a bit with additional source water.

3. *Use one stick for a 16 oz bottle (500ml). Use two sticks for a quart (1 liter) bottle, or more sticks for faster, stronger ionized drinking water.

4. It is best to drink freshly made ionized water, and drink often!

5. Do not leave the stick in the water overnight.

Life span:

One stick can filter 2000L water. If one person drinks 3L of water per day, the life span is about 667 days. You will know when a stick is no longer active because a chlorine taste and/or smell will be present.

Notice: The benefits experienced may vary from individual to individual.

Also, the statements above have not been evaluated by the Food and Drug Administration. The product mentioned here is not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of your family doctor.