

Step by Step Directions on How to use the SiselH2Stix Water Bottle

Follow these directions to make a bottle of Molecular Hydrogen and Molecular Oxygen enriched "Power-Water" using the SiselH2Stix Water Bottle:

NOTE: Before using the SiselH2Stix Water Bottles for the first time - thoroughly wash and rinse out the bottle with dish soap and clean water. For Best Cleaning Results - BF recommends Sisel's **Asepti-Clean Dish Soap** - you'll find it under the **Legacy** product category.

1. Cut open a pack of the SiselH2Stix and empty the full contents of it into the bottle.
2. Fill the bottle to the very top with clean water (you can use either filtered water or bottled water). It is very important that you slightly over-fill the bottle to where the water is bulging over the very top of the bottle (ok if a little water spills over the top) and then immediately cap the bottle and screw it on tight. The idea is not to trap any air at the top of the bottle and if you do this correctly, a little water should squeeze out as you tighten the cap. [Marilyn comment: filtered water is preferable in all instances to using tap water]
3. Wait for at least 15 minutes - and over that time, periodically invert the bottle and shake it to help the powder to fully dissolve in the water.
4. After 15 min - slowly loosen the cap - you will hear a hiss as some the Molecular hydrogen and oxygen gas is released.
5. Drink the entire contents of the bottle within the next 5 to 10 minutes - therefore consuming it while the dissolved Molecular Hydrogen and Oxygen are at their highest dissolved concentration in the water.

The Molecular Hydrogen Institute is an excellent 3rd party source of information on the many exceptional health benefits of Molecular Hydrogen (H₂) which is also known as Diatomic Hydrogen. Previously known as the Molecular Hydrogen Foundation - you will find a wealth of information on their updated website:

Here is the Direct Link to their website: <https://www.molecularhydrogeninstitute.com/>

Bill DeFalco
4 January 2018

Information supplied by:

Marilyn Vine

Independent Sisel Distributor

10146519

<https://marilynvine.sisel.net/en/products/sisel-h2stix/siseloportunity@expandingabundance.com>

PLEASE CONTACT THE PERSON WHO SUPPLIED THIS DOCUMENT FOR FURTHER INFORMATION OR TO PURCHASE PRODUCT.