

# i-H<sub>2</sub>O Activation System set-up instructions



We are certain that you will be delighted by GIA's i-H<sub>2</sub>O Activation System. For long-term benefits, we advise the following

- 1 Carefully read the instructions before using the product.
- 2 Due to slight flexing, which is typical when acrylic materials are exposed to varying temperatures, **the lid may not fit perfectly on its pitcher in certain instances. This occurrence is not a defect and does not impact the effectiveness of the Single File Alignment (SFA) process.**
- 3 Ensure the arrow on the lids is aligned with the spout of the pitcher. **Gently place the activator unit on top of the i-H<sub>2</sub>O pitcher. DO NOT PRESS DOWN.**

Thank you for your attention!



# i-H2O system set-up instructions

## Set-Up Instructions

- 1
- Before adding any liquids to your pitcher, remove the activator unit/lid, and remove the 120V Power Adapter from the inside of your pitcher. (Fig. 1)
- 2
- Fill the i-H2O pitcher with water (preferably clean, filtered water) or any other liquid you would like to single-file align (SFA). The pitcher should be filled up to a level where the water is approximately 4 inches away from the top of the pitcher, to ensure your activator unit does not get wet (Fig. 2). The optimal volume of liquid is 64 oz. If your activator unit does get wet, please allow it to dry for 24 hours before reusing.
- 3
- Ensuring the lids' arrow is aligned with the pitcher's spout, gently place the activator unit on top of the i-H2O pitcher.** Insert the 1/8" male end of your 120V Power Adapter into your activator unit and plug the other end into a wall outlet or power strip (Fig. 3 & 4). Please Note: Due to minimal flex, which is normal when using acrylic materials in different temperatures, in some instances the i-H2O activator may not fit perfectly to your pitcher. This is not a defect and in no way affects the effectiveness of the single-file alignment (SFA) process.**Please Note: Due to minimal flex which is normal when using acrylic materials in different temperatures, in some instances the i-H2O activator may not fit perfectly to your pitcher. This is not a defect and in no way affects the effectiveness of the single-file alignment (SFA) process.**
- 4
- To start the activation/ single-file alignment (SFA) of your water/liquid, press the button on the top of your activator unit (Fig. 5). The red indicator light on top of the activator will blink during activation. Your activator will automatically shut off after 30 minutes. After the red light stops blinking, your water/ liquid is activated and ready for consumption. Please remove activator prior to pouring your water. Enjoy!

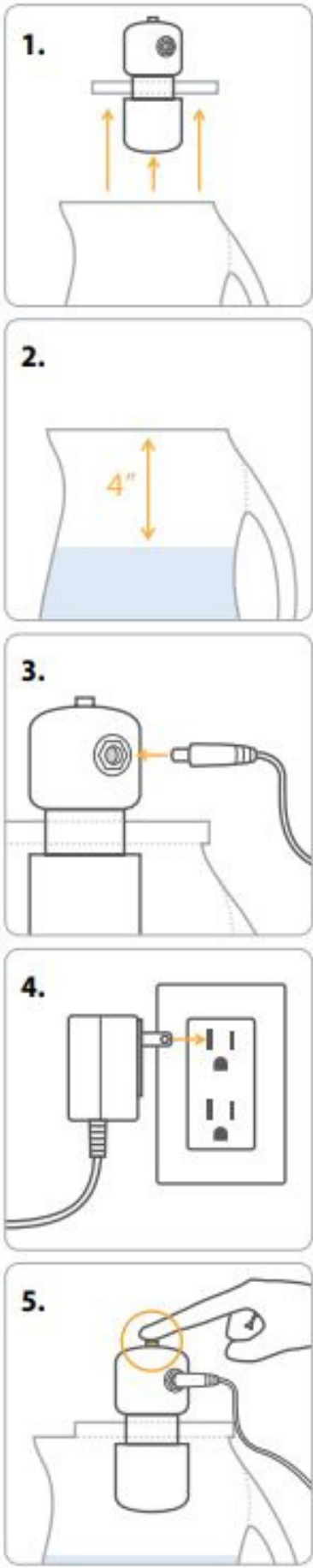
**Important: Activating water/ liquids for more than 30 minutes does not offer additional benefits.**

## Usage

i-H2O offers exceptional hydration, which your body may not be used to. When making i-H2O part of your daily hydration regimen, we recommend you easing into your i-H2O experience over a period of a week, by starting slowly and working your way up to 3+ glasses (24 fl oz) of i-H2O (Fig. 6), feel free to increase your daily intake as desired.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
½ glass	1 glass	1.5 glasses	2 glasses	2.5 glasses	3 glasses	3+ glasses

Fig. 6



# i-H<sub>2</sub>O system

The drinking bottle included with your i-H<sub>2</sub>O Activation System is charged with GIA's proprietary Energy Resonance Technology (ERT). By filling it with i-H<sub>2</sub>O or any other Single-File Aligned liquid, you are assured the transformational benefits of the proprietary technologies (MRET & ERT), which are designed to deliver optimal hydration to where your body needs it most.

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## Storage Instructions

To prolong the lifespan and optimal alignment of your activated i-H<sub>2</sub>O/ liquids, please keep them refrigerated. Avoid storing your activated liquids in metal containers, as they interfere with the optimal single-file alignment of the water/liquids.

When properly stored and refrigerated, your i-H<sub>2</sub>O/liquid will remain structured for approximately 30-45 days refrigerated and 15 days on the counter. Each i-H<sub>2</sub>O Activator is designed to perform approximately 14,400 30-minute activation sessions. This is equivalent to one activation per day, for approximately 39 years.

## Cleaning Instructions

To maintain the life & aesthetic of your 98 oz acrylic pitcher, please hand wash only. Do not put in dishwasher. Avoid using aromatics, window cleaning sprays, alcohol, solvents, or ammonia-based cleaners, as they may damage your pitcher.

To clean the pitcher, use a soft, non-abrasive cloth moistened with lukewarm water. If necessary, a small amount of gentle dish detergent may be used. Turn the cloth frequently to keep a clean side on the surface, and help avoid permanent scratching. Gently blot dry with a clean, dry cloth.

