

## SET-UP INSTRUCTIONS

1. Unscrew / remove the lid from the i-H2O Travel bottle and fill it with water (preferably clean, filtered water) or any other healthy liquid (juice, milk, etc) you would like to single-file align (SFA). (Fig. 1)
2. Place the plastic adaptor for the i-H2O Travel Activator onto the top of the bottle. Then, mount the activator on top of the adaptor by placing the small end of the activator inside the opening of the adaptor. The activator will only fit inside the adaptor the correct way. (Fig. 2)
3. 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)
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. Enjoy!

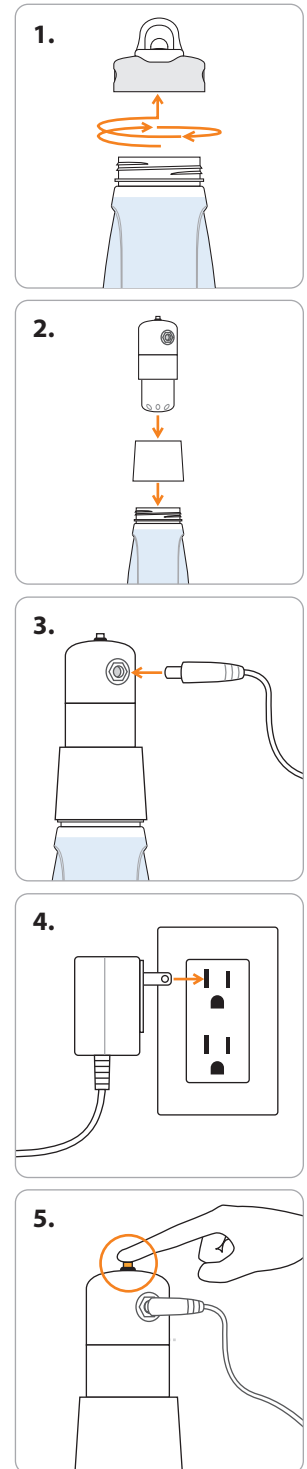
**\*IMPORTANT:** Activating water/liquids for more than 30 minutes does not offer additional benefits.

## 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 per day (Fig. 6). Once your body has become accustomed to the powerful hydration benefits of i-H2O, feel free to increase your daily intake as desired.

**Fig. 6**

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



\* Statements made about this product have not been evaluated by any governmental agencies. These products are not intended to diagnose, treat, mitigate, cure or prevent any disease. Any testimonials given reflect the actual experience of each individual, are anecdotal only, and may be atypical.



gia™



The drinking bottle included with your i-H2O Travel System is charged with GIA's proprietary Energy Resonance Technology (ERT). By filling it with i-H2O or any other Single-File Aligned liquid, you are assured the transformational benefits of GIAPlex™, which is designed to deliver optimal hydration to where your body needs it most.

## STORAGE INSTRUCTIONS

To prolong the lifespan and optimal alignment of your activated i-H2O/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-H2O/liquid will remain structured for approximately 30-45 days. Each i-H2O 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 i-H2O Travel bottle, 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 bottle.

Clean with gentle, non-abrasive dish detergent and warm water. For deep cleaning, you may let your bottle soak in warm soapy water. Air dry in dish rack or dry with a clean, soft cloth.

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