



## How to Use O2 Drops

**To maximize your results, follow these simple guidelines.**

- The recommended serving is 15 drops each time, three times daily. Some people use less while others use more drops per serving based on the results they experience. O2 Drops are completely safe to use in any amount.
- We recommend taking one of your daily doses of O2 Drops at bedtime, as the body does most of its repairing while we're sleeping.
- O2 Drops should be taken sublingually (under the tongue) to get into your blood stream much quicker via the capillary blood vessels under the tongue.
- When taking your O2 Drops, do not swallow immediately. The longer you're able to refrain from swallowing, the better.
- If you have silver fillings or braces, do NOT swoosh the O2 Drops around in your mouth as the metal will destabilize the oxygen.
- If you take O2 Drops with a spoon, use a plastic spoon as metal destabilizes the oxygen (and make it ineffective).
- O2 Drops should NOT be taken within a half hour BEFORE or one hour AFTER eating, consuming any liquid other than water, or taking another nutritional supplement or prescription medication. Ingredients in these items may destabilize the oxygen molecules in O2 Drops making it ineffective.
- O2 Drops may be taken full strength or can be diluted in water. It is effective when taken either way.
- Do NOT mix O2 Drops with any liquid other than water.
- Children can take O2 Drops too. We recommend that they take half the adult dose. O2 Drops can also be given to infants, pregnant women, and nursing mothers without any concern of toxicity.
- Pets can also take O2 Drops. Dosages should be determined by weight. We would use the "rule of thumb" of one drop of O2 Drops for every five pounds of weight.
- O2 Drops can also be used externally on cuts, bruises, rashes, for eyes, ears, throat, and for skin and acne care.

**For more information and product uses, check out the O2 Drops Frequently Asked Questions at [www.LurraLife.com](http://www.LurraLife.com).**