

Suggestions on how to drink Original Limu
Original Limu is the Best Tasting Super Food Ever

Jump Start

- 2 oz. two times a day for the first 4 days
- 2 oz. three times a day for the next 7 days
- 3 oz. three times a day for 19 days
- 4 oz. three times a day until the problem is gone

Drinking Original Limu at least twice daily is recommended in order to maintain its nourishing presence within the body. Every body is unique, so feel free to experiment. Vitamins and minerals are readily absorbed while drinking Original Limu, as it is a liquid whole super food.

General health maintenance: 2 - 4 ounces daily, however your body will tell you what you need. For those who feel they need the extra nutritional support.

Extra health support: 4 - 6 ounces daily

Maximum health support: 6 - 16 ounces daily

Children ages 6 - 12: $\frac{1}{2}$ adult amount

Children under 6: $\frac{1}{4}$ adult amount

Pets: 1 - 4 ounces daily per 100 pounds bodyweight

Original Limu may also be used topically.

The Original Limu Company is not engaged in rendering medical advice, and this information is not a substitute for professional medical opinion. It is recommended that people under medical supervision consult their physician before engaging in a nutritional or exercise program.

Drinking **Water** is highly recommended:

A healthy person might drink **1 qt** of water for every 50 pounds of bodyweight.

A person with health challenges might drink **1-1/2 qts** of water for every 50 pounds of bodyweight. This could expedite the detoxing process and help you feel better.

Additional Notes

Drink Original Limu $\frac{1}{2}$ hour before or 1 hour after drinking coffee. The oil in the coffee beans may hinder the absorption of vitamins and minerals.

Created by Katharine Johnson