

H+ Chi Magnum - Hydrogen Water Bottle & Ioniser

INSTRUCTIONS BEFORE USE:

1. Charge the unit fully before use. Do not leave the Bottle on the charger after its fully charged and this will reduce the lifespan of the battery

2. The Magnum Hydrogen bottle has an ionization chamber which needs to be kept moist so the ionization plates don't dry out. Take the silicon plug out and then screw the glass back on. Fill the bottle with water and then turn on the unit. Once the first load of hydrogenated water is finished you can then discard it. Make a second load, which can then be consumed.

3. Instructions for drinking hydrogen-rich ionised water: You can drink several of those bottles per day. However, it may pay to start slow and begin with drinking only 2 bottles per day (morning and evening) and the build up. There might be some detox symptoms occurring when beginning drinking teh ionised hydrogen-rich water. This is normal and part of the value of drinking this health promoting water. Those symptoms usually lapse after a few days. In case the detox symptoms are a bit intense then reduce the amount in the first few days and then build up as it feels right in response to your body feeling.

4. Read the manual for further details.

Remove rubber cap inside bottle, where ionization chamber is!