

Dosing Directions for Dr. Dean's Mineral Formulas



ReMag Magnesium Solution Maintenance Dose	ReMag Magnesium Solution Saturation Dose	ReMyte Mineral Solution Maintenance Dose	ReMyte Mineral Solution Saturation Dose
For individuals who are magnesium sufficient	For individuals who are magnesium deficient and want to achieve magnesium saturation	For individuals who are mineral sufficient	For individuals who are mineral deficient and want to achieve acceptable levels
1 tsp daily	Minimum 2+ tsp daily	3/4 tsp daily	Minimum 1.5 tsp daily

Dr. Carolyn Dean's Picometer Minerals are high quality dietary supplements, created by a doctor, to support and maintain your health, vitality, and well-being. Our products are well-received in 200+ countries and have been proven to provide exceptional nutritional and dietary value to hundreds of thousands of customers world-wide.

PLEASE DILUTE OUR FORMULAS BEFORE CONSUMING - ReMag is a 60,000 ppm concentration of 99.99% pure elemental magnesium in picometer form. It is very strong and has a bitter taste. Please read the directions to optimize your experience!!!

START LOW AND SLOW

DILUTE your first doses of ReMag in:

- Water [preferred]- see water guidelines**
- Juice - orange and cranberry juice are our customer favorites
- Smoothie - or ReStructure protein shake
- Coffee, tea or any hot or cold beverage of your choosing.

****Dr. Dean's Water Intake Guidelines.** Everyday, drink half your weight in oz. of water. Example: If you weigh 150 lbs., drink 75 oz of water per day.

Add Sea Salt to your Water – Dr. Dean recommends adding 1/4 tsp. high quality, trace mineral sea salt to every liter of drinking water. Sea Salt has 72 trace minerals,

which helps enhance mineral absorption and hydration. Recommended salts are pink Himalayan salt, Redmond Real Salt, or any trace mineral Celtic salt. To learn more about the health benefits of sea salt, read Dr. Dean's blog: *SEA SALT SUPERFOOD*.

Add ReMag to your Water:

If you are new to magnesium supplementation or feel you have a high degree of toxicity or sensitivity, you will want to start with a low dose of ReMag. You can begin with 1/8 -1/4 tsp, or less. ONCE a day add it to a liter of water along with 1/4 tsp. of sea salt. Then, you continue to build your dose by adding 1/4 teaspoon every 3 or 4 few days until you reach 1 teaspoon in your liter of water. At that point, you are using the RDA of magnesium for health maintenance. If you want to reach a saturation dose, add 1/4 tsp. every few days to reach 2+ tsp of ReMag. Build your dose by adding small increments every few days until you reach an optimal dose for your purpose.

If you are using magnesium for saturation purposes to relieve magnesium deficiency symptoms, we suggest you use the saturation dose of ReMag until symptoms subside. A Magnesium RBC test may be used to help guide you towards an appropriate saturation level. Saturation may take 9-18 months. Note: your need for magnesium can fluctuate depending on stress and other lifestyle factors.

Starting with ReMyte [or adding ReMyte to your ReMag water]:

If you are new to mineral supplementation, you can begin with an 1/8 tsp. to a 1/4 tsp. ONCE a day add it to a liter of water with sea salt. Build your dose by adding 1/4 teaspoon every 3 or 4 few days until you reach 3/4 teaspoon in your liter of water. This is the health maintenance dose. If you want to achieve optimal levels of the minerals in ReMyte, you may choose to add another 1/4 tsp at a time to reach a daily dose of 1.5 tsp.

Dr. Dean's other Picometer Mineral Solutions, Pico Silver and ReCalcia, can be taken separately or added to your mineral water as well. Ask your practitioner for guidance on taking these minerals, or see what Dr. Dean has written regarding how much, if any, you may need to take of Pico Silver and/or ReCalcia.

All Dr. Dean's Picometer Mineral Solutions can be taken together in the same liter of water. Again, the minerals can be taken with juice, tea, coffee, smoothies or a ReStructure meal replacement protein shake. These products can be consumed without regard for timing of meals. ReMag and ReMyte are perfectly safe to be used in conjunction with other supplements and prescription drugs.

Statements made in these instructions are not approved by the FDA and are not intended to treat or cure disease.