

“Solutions for Life.”



ADYA CLARITY . COM

~My Adya~

What If . . . You Could Harness a Volcano to Clean Your Water Supply?

"It is an everlasting covenant of salt before the Lord for both you and your offspring." Numbers 18:19 NIV

Pleasant Lake, MI
([PRWEB](#)) November 16, 2011

In a fire dance, igneous rock is born under conditions of the most intense pressure, high heat, and sulfuric acid. One such rock is called black mica or biotite. Extraction mines the magnet sulfate minerals from the black mica, and with this process, Adya Clarity is manufactured and bottled in Coldwater by owner Matt Bakos' team of experts.

Beneath Earth's seas and deep under the ground,

volcanic fields or mafic volcanoes, gurgle and boil up magma rich in common silicate rock-forming minerals, magnesium and [ferric sulfate](#).

Mafic lava's lower silica content causes it to have a lower viscosity as compared to other types of lava; so water and other volatile compounds can more easily and gradually escape from it. Since the dawn of time, black mica has served nature as a collection of sieves to cleanse the Earth's vast seas to its aquifers and springs in the form of inorganic sulfates. Most

mafic-lava volcanoes are found under the oceans of the world like those in Hawaii or Japan.

The [patented extraction process](#) created by Dr. Asao Shimanishi, a Japanese man involved in the studies of removing contamination from water, yielded a liquid form of these Super
...cont. on p4...



Courtesy of USGS

And What of Black Mica?

It's all about the minerals! When it comes to plants and agriculturals and the matrix of minerals—even the salt in the oceans, there's one stone that ties it all together: MICA! Its constitution even matches the human RNA. When you have ferric iron and sulphur in your cells, you have healthy cells. Helen Hansma of the University of California, Santa Bar-

bara studied black mica for 20 years. She found its content was made of lamella, mother of pearl, just like our bones. The minerals in mica match the minerals in our bones as well. It also has the same calcium, magnesium, and sodium levels as our blood. It's why our blood matches the ocean. Important why? Because Adya Clarity gets its health re-

juvenating powers from black mica. WHY is water important? Ninety-eight percent of the earth's water is in the oceans. Two percent of earth's water is fresh water, but 1.6% is locked in the polar ice caps and glaciers. Another .36% is found underground in aquifers and wells, and that leaves
...cont. on pg. 2 ...

Inside this issue:

What If . . . You Could Harness a Volcano . . .	1
Water, Minerals, and Nature	2
Correcting pH Myths	2
The Importance of Minerals	2
Adya Water Filtration	3
Mineral Content of Adya Added to 8oz. Water	3
Material Safety Data Sheets—see pg. 5	3/5

Special points of interest:

Scientific research to support the products may be found on the [Research](#) page.

A video showing the power and effectiveness of Adya Clarity can be found at http://www.youtube.com/watch?v=DZptViAl_Tg.

To ask questions or learn how to become a distributor of Adya Ionic Minerals and Water Systems, go to the [Distributors](#) page on our web site.

... cont. from pg. 1... What of Black Mica

only 0.036% as usable water.

Water removes toxins in our bodies. It is a carrier. There's an element in the water that assists that. It's the charge attached to the water. Our bodies contain at least 85% water. All biological functions in the body are optimized by that charge.

MINERALS are the charge, the starter that sparks the optimization of water's work in the body. When the body absorbs ionic minerals, these minerals go directly into the cells. Not just any minerals, but those that have the right "vibration" that fits the body's functions.

Eighty years ago, earth's soil was full of minerals. Our food today has one tenth the minerals it once had. Natural flora in the ground, bacteria, break down heavy

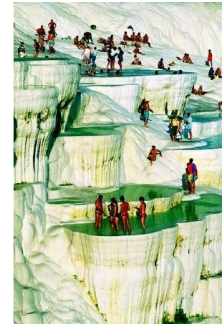
metals in the ground that can be absorbed by plants. Chemicals man puts in the ground disrupt that breakdown and cause plants not to uptake minerals needed by our bodies.

Chemicals are now in everything impacting the integrity of what's in the ground and in our water supply. We have vitamins—vital mineral compounds. Every vitamin has a mineral inside of it that activates it—that starter. But if the mineral is synthesized in a lab, it goes out in the urine and has no impact in the body.

Enzymes also need spark and frequency to be useful to the body. That frequency comes from MINERALS. NATURE supplied this in the past, but because of man's interference, this is no longer true.

Without minerals properly absorbed by the body, we get toxins sitting in the body and organs as trash the body doesn't know what to do with, so the toxins just sit there in the tissue and show up as modern diseases. The right minerals can remove these toxins.

Enter, MY ADYA!



Some springs are very ancient as well as unusual.

Correcting pH Myths & Unshakable Truths

Alkaline or Acid? It's a big confusion in the water industry today. Distilled water kills plants and fish. Alkaline water kills plants and fish. There's nothing in distilled water to allow plants or animals to uptake needed minerals.

The #1 thing added to soil in our world for agriculture is sulphuric acid to balance pH and increase acid to break down minerals for absorption by plants.

The #1 element in the universe is hydro-

gen. Hydrogen is an acid. Nothing can live without acid to dissolve needed minerals. When the body isn't getting enough acid, it dies. No bio-electric organism can live without acid. Acid has a positive energy charge needed by plants and animals to absorb minerals.

Plants use acid at the roots to dissolve the minerals into salts to allow uptake of ionic minerals. Look at the ocean. It is

the greatest force of life on the planet, and it's nothing but salt and water.

Potassium is the most dissolvable mineral released into the oceans by Nature from mica, the most used mineral on the planet. All the minerals in mica are negatively charged. Knowing this balance, you understand some of the simple, UNSHAKABLE TRUTHS of Nature.

Today, people are over nourished but have no minerals.; so candida (yeast) comes in to eat all the excess nutrition in your body. We need acid to absorb the minerals."



History of Adya Water

Dr. Asao Shimanishi, a Japanese man, proved to the world that Nature is the most powerful purifying agent in the universe. Dr. Shimanishi was involved in the study of removing contamination from water, started his research 50 years ago while working in biochemistry. He saw a tree growing from a rock in the ocean; and he wanted to see why

this occurred. He discovered this rock was mica, providing salt to the oceans and to the underground springs. His search took him all over the world for the next 20 years looking for a specific kind of mica that had the perfect mineral content to purify water.

He looked further to see what nutrients were in mica that had enough mineral content to support life. He ended up

finding the right mica mine in his own country, bought the mountain where he'd found it, and set to extracting the mineral nutrients from black mica.

Taking these extractions, he began working with raw sewage, slaughter house water, and other contaminated pools and literally watched carbon dioxide gas off the wastes. ...Cont. on pg3...

Adya Water Filtration



How can you create natural, mountain spring water in your home? Combine the power of our gravity-fed water filtration system with Adya's mineral solutions to balance your water as only nature can.

We offer a gravity-fed water filtration system that uses the following natural

technologies:

- **Ceramic filter:** with a typical .2 micron size sieve, our ceramic filters are highly effective at removing many types of particles that lurk in our water. For example, bacteria's size is between 0.5 and 1.0 microns. Ceramic filters last about 1 -2 years depending on water quality and number of gallons filtered.
- **Natural, 4-layer earth filter:** your water will filter through 4-layers of earth which include activated carbon and zeolites. Throughout nature, these materials are used to purify earth's water. Earth filters last about 300 gallons.
- **Adya ionic mineral solutions:** our mineral solutions combine with water to eliminate or reduce such substances

as chlorine or fluoride. Our minerals also ensure that bad bacteria cannot thrive. Adya ionic minerals are a great catalyst for and supplier of oxygen due to its minerals' ability to draw, and hold oxygen in water.

- **BPA FREE**

The Adya Mountain Spring Water Filtration System is a gravity-fed, free-standing unit that does not require any electricity.

For pricing and other information, go to <http://www.adyaclarity.com/filter>

*These statements have not been evaluated by the FDA and are not intended to cure, diagnose, treat, or prevent any disease.

... cont. from pg.2... History of Adya Water

Twenty five years ago, this discovery caught the attention of health officials, where doctors in Japan started working with it. And today, it's come to America.

When we test Adya in water, the lead and mercury precipitate immediately. This is a key factor, as heavy metals are stored in the pineal gland, freezing up the main activation points in our body. To achieve good health, you need to remove these multi-valent ions that are trapped in your body. Adya converts them to inert matter that is no longer able to stay in your body. What the minerals are actually doing is dissolving the matter, keeping

the oxygen activated so these contaminants can never form in the water again. For the initial water treatment, the water will remain clean for a thousand years if you just leave it on a shelf and never use it. If you use it, it will remain fresh for 8 months. Think hot tub or spa.

When Adya gets in the body, it begins to immediately work to decalcify the body. Every body is building calcium which translates to arthritis and other ailments. Treating your water with Adya starts the decalcification process in joints, tendons, and even around the teeth. Within a month of drinking Adya, the plaque on teeth will

be gone.

Five or ten minutes after taking a super shot, blood on a microscope test slide will cause the entire slide to light up and the blood will be separated by tiny dancing jigs of light. The blood will actually stay alive on the slide over night.

We're definitely on the leading edge of water purification and its relationship to our good health. Visit our website today to learn more! www.adyaclarity.com

Wallace Labs Report pg.5 / Material Safety Data Sheets for Adya Clarity pg. 6

Wallace Laboratories, LLC, El Segundo, CA completed tests on Adya Clarity magnet sulfate minerals November 18, 2011. In his report reprinted here, Garn Wallace, Ph.D. made comments worth noting as regards what we report in our material safety data sheets (MSDS) on product mineral content:

>> Every batch of Adya Clarity manufactured contains slightly different mineral amounts due to the natural composition

of black mica, akin to agricultural harvesting. For example, crops harvested from the same farm may vary due to field micro-climate, soil chemistry, or harvesting processes. MSDS reported on p.6 indicate the AVERAGE of several batch tests performed, not just one.

>> Our spreadsheet offers comparisons of the aluminum content in different foods vs. Adya Clarity. Know that aluminum in food is not completely broken down by

stomach acid; therefore, the total amount is never absorbed by the body, but rather passes through it as waste byproducts. We would be greatly harmed eating this much aluminum in our foods if it were made bio-available.

>> The aluminum in baking soda, used in many recipes, is of much greater concern than the amount of aluminum in Adya Clarity. **Please see spreadsheet on p.5. MSDS is on p.6**



ADYA INC.

National Distributors
of Adya Ionic Minerals and Water Systems
376 Butters Ave
Coldwater, Michigan 49036

info@adyaclarity.com

‘Solutions for Life.’

We're on the web!
www.adyaclarity.com

Our Goals:

To educate people about minerals in nature and provide solutions regarding the technology of natural mineral extractions that encompass our Earth.

Our Philosophy:

Adya Inc. is a Company dedicated to providing you with the best ionic mineral sulfates nature has to offer. Minerals come in a natural complex form, from volcanic veins in the earth bubbling to the surface through aquifers and volcanic mafic eruptions. Provided as sulfates, these minerals also convert to carbonates (organic minerals) in nature. These minerals can be found in plants, volcanoes, and even in the atmosphere. Minerals are the carrier for energy and the communication device for life. Without minerals, life would simply not exist. Plants, animals, humans and even water become unstable without minerals.

Nature has always provided these minerals in abundance. Since the Industrial Revolution, these minerals have slowly dwindled away. We are now in a position where everyone must do something to get the minerals their body needs. This is why we look to nature for the answer. It is our belief that nature provides this amazing process and if we work with nature we can help replenish and restore our Earth. Everyone has a responsibility to our Earth.

...Cont. from pg.1 ... **What If . . . You Could Harness a Volcano to Clean Your Water**

Minerals locked in the volcanic rock. The extraction process yields an all-natural, water-purifying additive, unaltered by chemicals or dangerous compounds, but utilizing one of the most powerful forces in nature -- magnetism. This power is best demonstrated by the minerals' ability to cause certain dissolved toxins and contaminants that people cannot see to become visible and insoluble, separating them from the water itself, making it easy to filter. The scientific terms for these processes are Agglutination/gathering and Deposition/separation. The contaminants would otherwise be nearly impossible to filter, making it very difficult for the average person to remove them from water.

What do people want from their water? The true essence of good fresh water in nature is the salts that are in them. According to Dr. Shimanishi, "Super Minerals are mineral liquid extracted with

sulfuric acid from black mica embedded in granite. When the Super Mineral Solution is mixed with tap water, oxygen within the water reaches the stage of activation and creates an oxidizing phenomenon. The origin of life derives from this oxidization phenomena."

Activated water loses its ability to attract pollutants found in most water sources today, thus it loses its toxicity, and changes to water good for our bodies. Those elements that are not supposed to be in our water are separated out, and the minerals found in Adya Clarity are added into the water. General consensus in science has held for thousands of years that minerals and water flush the body of toxins and were used for this purpose by the Ancients. Mineral salts were even used as a form of currency in those times. Its recognized value has always been as a purifying agent for water and food. Today, drinking Adya water acts to cleanse our

bodies of impurities much as the black mica acts as a sieve to cleanse our oceans. The principles are exactly the same.

"Just as water was a big concern for our Biblical relatives looking for a good spot to sink a well, water is fast becoming one of the biggest concerns of our modern-day municipalities and the families they support. We no longer need to worry about the purity of our water used for drinking, bathing, or cleaning our home or work environments. With Adya Clarity, we may immediately begin experiencing the life-giving re-oxygenation of our physical bodies and the renewal of the earthly environments in which we live."

"Be still, and know that I am God." Psalm 46:10 NIV

WALLACE LABS
365 Coral Circle
El Segundo, CA 90245
(310) 615-0116

ANALYSES

Location
 Requester
 Method

Adya Clarity
 Mike Mathis, Direct Connect
 EPA 6010B
 Magnetic Sulfate Minerals

DATE: November 18, 2011

11-321F-02 Material

(A)	(B)	(C)	(D)	(E)	(F)
<i>elements</i>	<i>mg/L (ppm)</i>	(Col. B div by 202.8 tsp/L) <i>Standard "Supershot"</i> <i>mg/teaspoon</i>	(Col. C div by 16 servings/tsp) <i>1 Serving Treated Water</i> <i>mg/8 oz treated water*</i>	<i>Recommended daily intake</i>	<i>Over dosage</i>
sulfur	7,382.48	36.40276130	2.27517258		
aluminum	1,355.29	6.68290550	0.41768159		Health Canada only allows 50.12 mg of Aluminum to be consumed by an adult per day
iron	1,009.85	4.97952179	0.31122011	8 mg	Doses larger than 20 mg may cause stomach upset, constipation and blackened stools
magnesium	427.12	2.10610427	0.13163152	400 mg	Doses larger than 400 mg may cause stomach problems and diarrhea
potassium	205.88	1.01520045	0.06345003	4700 mg	Large doses may cause stomach upsets, intestinal problems or heart rhythm disorder
titanium	97.99	0.48316082	0.03019755		
calcium	58.19	0.28691651	0.01793228	1000 mg	Doses larger than 1500 mg may cause stomach problems for sensitive individuals
vanadium	53.21	0.26236236	0.01639765	< 1.8 mg	No information found
phosphorus	31.59	0.15578677	0.00973667	700 mg	Contradiction: the FDA states that doses larger than 250 mg may cause stomach problems for sensitive individuals
sodium	23.73	0.11700531	0.00731283	1500 mg	No information found
manganese	17.62	0.08690170	0.00543136	2.3 mg	Excess manganese may hinder iron adsorption
Nitrate Nitrogen	7.54	0.03717949	0.00232372		
chloride	6.23	0.03070585	0.00191912	2300 mg	
zinc	2.88	0.01421447	0.00088840	11 mg	Doses larger than 25 mg may cause anaemia and copper deficiency
silicon	1.87	0.00921992	0.00057625		
strontium	1.62	0.00799510	0.00049969		
boron	1.30	0.00639801	0.00039988	< 20 mg	No information found
chromium	1.00	0.00491411	0.00030713	0.035 mg	Doses larger than .200 mg are toxic and may cause concentration problems and fainting
cobalt	0.72	0.00356239	0.00022265		
nickel	0.61	0.00298517	0.00018657	< 1 mg	Products containing nickel may cause skin rash in case of allergies
lithium	0.50	0.00246743	0.00015421		
lead	0.25	0.00122114	0.00007632		
Ammoniacal Nitrogen	0.20	0.00098619	0.00006164		
copper	0.18	0.00089716	0.00005607	0.9 mg	As little as 10 mg of copper can have a toxic effect
barium	0.18	0.00089010	0.00005563		
molybdenum	0.14	0.00067818	0.00004239	.045 mg	Doses larger than .200 mg may cause kidney problems and copper deficiencies
tin	< 0.5	< 0.00246548	< 0.00015409		
arsenic	< 0.05	< 0.00024655	< 0.00001541		
selenium	< 0.05	< 0.00024655	< 0.00001541	.055 mg	Doses larger than .200 mg can be toxic
cadmium	0.02	0.00011006	0.00000688		
mercury	< 0.02	< 0.00009862	< 0.00000616		
silver	< 0.01	< 0.00004931	< 0.00000308		

Elements expressed as mg/liter (parts per million) as received.

Notes about Aluminum content in Adya Clarity

It is not difficult to obtain lab tests showing the amount of Aluminum in certain plant foods. Just look in the A & L Laboratory Agronomy Handbook, which is used by agronomists worldwide. Silica is the most abundant mineral on earth. Aluminum is the second most. It can be found in just about everything we touch. The food we eat and the water we drink, even the air we breathe, most all contain aluminum. Just compare the amount of aluminum contained in a 6 oz serving of the foods listed in the chart, with the amount of aluminum in an 8 oz glass of treated water. Then look at the number of 8 oz glasses of treated water you would have to drink to obtain the same amount of aluminum you would get from just one 6 oz serving of the listed food.

Comparison of Aluminum contained in Food with Aluminum contained in Adya Clarity						
Food Name	Aluminum PPB	mg of Aluminum in a 6 oz Food Serving	mg of Aluminum in an 8 oz serving of treated water	# of 8 oz servings of treated water to equal the 6 oz food	# of "Super Shots" to equal the 6 oz food	
Bananas	97,000	17.21	0.41768159	41.20 (2.58 gal.)	2.58	
Pineapple	100,000	17.74	0.41768159	42.47 (2.65 gal.)	2.65	
Asparagus	90,000	15.97	0.41768159	38.23 (2.39 gal.)	2.39	
Beans	165,000	29.28	0.41768159	70.10 (4.38 gal.)	4.38	
Bancha Tea	332,000	58.91	0.41768159	141.04 (8.82 gal.)	8.82	
Celery	190,000	33.71	0.41768159	80.71 (5.04 gal.)	5.04	
Cucumbers	90,000	15.97	0.41768159	38.23 (2.39 gal.)	2.39	
Potatoes	100,000	17.74	0.41768159	42.47 (2.65 gal.)	2.65	
Corn(at tasseling)	140,000	24.84	0.41768159	59.47 (3.72 gal.)	3.72	
Peanuts	135,000	23.95	0.41768159	57.35 (3.58 gal.)	3.58	

^ ^ ^ ^ ^ ^

**The U.S. Government does not have an established limit of aluminum in food !
Health Canada says it is safe for an adult to consume 7 1/2 teaspoons of Adya Clarity per day!**

How about a quick refresher course in calculating mg's. The foods were all listed as PPB (parts per billion in 1 liter). To convert this to mg's per liter, you must divide by 1000. Since there are 33.814 oz's in a liter, you divide by 33.814 to obtain mg/oz. Since our food serving size is 6 oz's, multiply by 6 oz to get the total mg's in the 6 oz serving.

*** Note: Treated water is made by mixing 1 teaspoon of Adya Clarity with 1 gallon of water. It is best to let the treated water set for 24hrs or more to allow the contaminates to be removed.**

Note: Super shots are defined as 1 teaspoon of Adya Clarity mixed in 2 oz of treated water, immediately followed by 8 or more oz's treated water

Materials Safety Data Sheet for Themarox (Concentrated Minerals Solution)

	(A)	(B)	(C)	(D)	(E)	(F)
<i>elements</i>	Themarox mg/L (ppm)	Adya Clarity mg/L (ppm)	(Col. B div by 202.8 tsp/L) Standard "Supershot" mg/teaspoon	(Col. C div by 16 servings/tsp) 1 Serving Treated Water mg/8 oz treated water*	Recommended daily intake	Over dosage
all S	68900.0	6,890.00	33.97435897	2.12339744		
iron	12600.0	1,260.00	6.21301775	0.38831361	8 mg	Doses larger than 20 mg may cause stomach upset, constipation and blackened stools
aluminum	10900.0	1,090.00	5.37475345	0.33592209		Health Canada only allows 50.12 mg of Aluminum to be consumed by an adult per day
magnesium	4160.0	416.00	2.05128205	0.12820513	400 mg	Doses larger than 400 mg may cause stomach problems and diarrhea
potassium	2070.0	207.00	1.02071006	0.06379438	4700 mg	Large doses may cause stomach upsets, intestinal problems or heart rhythm disorder
titanium	983.0	98.30	0.48471400	0.03029463		
calcium	263.0	26.30	0.12968442	0.00810528	1000 mg	Doses larger than 1500 mg may cause stomach problems for sensitive individuals
phosphorus	238.0	23.80	0.11735700	0.00733481	700 mg	The FDA states that doses larger than 250 mg may cause stomach problems for sensitive indiv
manganese	219.0	21.90	0.10798817	0.00674926	2.3 mg	Excess manganese may hinder iron adsorption
sodium	154.0	15.40	0.07593688	0.00474606	1500 mg	No information found
vanadium	25.0	2.50	0.01232742	0.00077046	< 1.8 mg	No information found
zinc	20.2	2.02	0.00996055	0.00062253	11 mg	Doses larger than 25 mg may cause anaemia and copper deficiency
silicon	12.7	1.27	0.00626233	0.00039140		
all cr	10.0	1.00	0.00493097	0.00030819		
Cerium	9.6	0.96	0.00473373	0.00029586		
copper	7.5	0.75	0.00369822	0.00023114	0.9 mg	As little as 10 mg of copper can have a toxic effect
cobalt	6.8	0.68	0.00335306	0.00020957		
strontium	6.5	0.65	0.00320513	0.00020032		
selenium	< 5.0	0.50	< 0.00246548	< 0.00015409	.055 mg	Doses larger than .200 mg can be toxic
lithium	4.9	0.49	0.00241617	0.00015101		
lanthanum	4.0	0.40	0.00197239	0.00012327		
nickel	3.6	0.36	0.00177515	0.00011095	< 1 mg	Products containing nickel may cause skin rash in case of allergies
rubidium	3.6	0.36	0.00177515	0.00011095		
yttrium	1.6	0.16	0.00078895	0.00004931		
scandium	1.5	0.15	0.00073964	0.00004623		
tungsten	< 1.0	0.10	< 0.00049310	< 0.00003082		
germanium	< 1	0.10	< 0.00049310	< 0.00003082		
lawrencium	0.6	0.06	0.00029586	0.00001849		
barium	< 0.5	0.05	< 0.00024655	< 0.00001541		
molybdenum	< 0.5	0.05	< 0.00024655	< 0.00001541	.045 mg	Doses larger than .200 mg may cause kidney problems and copper deficiencies

Elements expressed as mg/liter (parts per million) as received.

Notes about Aluminum content in Adya Clarity

It is not difficult to obtain lab tests showing the amount of Aluminum in certain plant foods. Just look in the A & L Laboratory Agronomy Handbook, which is used by agronomists worldwide. Silica is the most abundant mineral on earth. Aluminum is the second

Comparison of Aluminum contained in Food with Aluminum contained in Adya Clarity Based upon Materials Safety Data Sheet					
Food Name	Aluminum PPB	mg of Aluminum in a 6 oz Food Serving	mg of Aluminum in an 8 oz serving of treated water	# of 8 oz servings of treated water to equal the 6 oz food	# of "Super Shots" to to equal the 6 oz food
Bananas	97,000	17.21	0.33592209	51.23	3.20
Pineapple	100,000	17.74	0.33592209	52.81	3.30

most. It can be found in just about everything we touch. The food we eat and the water we drink, even the air we breathe, most all contain aluminum. Just compare the amount of aluminum contained in a 6 oz serving of the foods listed in the chart, with the amount of aluminum in an 8 oz glass of treated water. Then look at the number of 8 oz glasses of treated water you would have to drink to obtain the same amount of aluminum you would get from just one 6 oz serving of the listed food.

Asparagus	90,000	15.97	0.33592209	47.54	2.97
Beans	165,000	29.28	0.33592209	87.16	5.45
Bancha Tea	332,000	58.91	0.33592209	175.37	10.96
Celery	190,000	33.71	0.33592209	100.35	6.27
Cucumbers	90,000	15.97	0.33592209	47.54	2.97
Potatoes	100,000	17.74	0.33592209	52.81	3.30
Corn(at tasseling)	140,000	24.84	0.33592209	73.95	4.62
Peanuts	135,000	23.95	0.33592209	71.30	4.46

^ ^ ^ ^ ^ ^

**The U.S. Government does not have an established limit of aluminum in food !
Health Canada says it is safe for an adult to consume 7 1/2 teaspoons of Adya Clarity per day!**

How about a quick refresher course in calculating mg's. The foods were all listed as PPB (parts per billion in 1 liter). To convert this to mg's per liter, you must divide by 1000. Since there are 33.814 oz's in a liter, you divide by 33.814 to obtain mg/oz. Since our food serving size is 6 oz's, multiply by 6 oz to get the total mg's in the 6 oz serving.

** Note:* Treated water is made by **mixing 1 teaspoon of Adya Clarity with 1 gallon of water. It is best to let the treated water set for 24hrs or more to allow the contaminates to be removed.**

Note: Super shots are **defined as 1 teaspoon of Adya Clarity mixed in 2 oz of treated water, immediately followed by 8 or more oz's treated water**