

TERRAMIN – Dosage - Instructions for Use -

TERRAMIN® POWDER: Use TERRAMIN daily. Dosage is a full teaspoon for average adults weighing 150-170 pounds and a heaping teaspoon for a large person weighing 250-275 pounds. Experiment to find the ideal quantity for your body weight and internal stasis. Everyone is unique in stasis.

Mix powder in with an eight ounce glass of water or juice, stir well and drink. It is good to sprinkle the powder into the water as it is easier to blend and dissolve. Consume the entire glass. As you tilt the glass while drinking, a small amount of TERRAMIN may appear at the bottom of your glass, add a little more water, stir again as needed and drink if you slosh this last bit, like a mouthwash, it helps to strengthen gums.

If you want the additional benefit of oral health along with teeth whitening, you can also sprinkle a small amount of TERRAMIN on your toothbrush directly or on your regular toothpaste and brush as usual making sure you brush your gums. When packed into the gums, the clay has a wonderful effect in healing; especially when suffering with gum disorders. Over time, it will help alleviate swollen and bleeding caused by bacteria. TERRAMIN is also effective in controlling tartar, and it helps kill breath odors.

TERRAMIN is 100% natural and there is no expiration date. Mining was performed at different locations and depths resulting in different tastes. TERRAMIN typically has a neutral taste with no distinct flavor, however occasionally there are [variations in nature](#).

TERRAMIN CAPLETS: Caplets are produced for those people that do not have the time or interest to mix the powder to drink with water or juice. For travel and time saving ease of convenience, caplets or tablets are a simple way of taking TERRAMIN. The caplets weigh 1500mg and the average daily maintenance dosage recommendation is one caplet for every 45 to 50 lbs. of body weight. Example, a 125 pound person uses 3 caplets a day and a 180 pound person would take 4 caplets. Again, this is a recommended daily **maintenance** dosage, if you are addressing a particular medical disorder, the dosage should be adjusted depending on the disorder and your medical professional's advice. Take the caplets like you would any other tablet or capsule. Drink with 6-8 ounces of a good sterile water or juice.

TERRAMIN TABLETS: Some people may prefer the smaller, easy to swallow tablet form. We produce a 1000mg tablet. The recommended tablet dosage is one tablet for every 30 pounds of body weight as an average daily **maintenance** dosage for a person in good health. Dosages can be adjusted to your own diet, weight, level of stress, amount of exercise, age, medical condition and genetics. The goal is to take TERRAMIN **daily** to obtain the many benefits of this natural mineral supplement for detoxification, mega mineral nutrients, healing and overall good health,

SPECIAL TIPS: **Drink lots of water** when ingesting edible clay. Clay absorbs toxins, so drinking water helps flush out your system. If you have digestive problems such as diarrhea, IBS, or plain upset stomach, temporarily double the dosage. If constipation occurs, take magnesium tablets or a stool softening product for a few days or until normal elimination occurs.

New uses for Clay are constantly being discovered and re-discovered. If you have a positive experience or a better way to use TERRAMIN, please contact us and let us share your [testimonial](#) with the world for the benefit of all.



- T Terramin for daily health
- E Eliminates pathogens & toxins
- R Restores energy & stamina
- R Removes bacteria
- A A detoxifier & colon cleanser
- M Men, women & children
- I Internal health wellness
- N Nutrient source

