

Adya Clarity Usage and Application

Normal serving:

for drinking/cooking/ soaking veggies and fruit, boiling tea/coffee, and for purifying water: 1 teaspoon per gallon equivalent to 1 drop per milliliter (use normal dripper bottle), or 5-8 drops per cup of water.

(1 teaspoon of Adya Clarity = 0.128oz = ~ 4ml)

For tap water use same serving as above, yet let it sit for 24-72 hours, depends how polluted it is. Keep cap open for an hour or more. Depending how dirty the water is, you will stretch out the waiting time. Visible contaminants will sink to the bottom, and are inert (inactive), drinking them is fine, although you don't have to. Water the plants with that layer.

High concentration (for replenishing mineral deficiency and for body detox):

start with 1 per day

1 teaspoon in 1/2 a glass of water, mix, let sit for a minute, then drink. Now for 30 minutes no eating or drinking. After 30min, drink a few more cups of water with the normal serving (5-6 drops per cup/ 1 teaspoon per gallon).

Best results have been reported when drinking 1-2 'High Concentration' servings a day for the first 4-6 weeks, supporting replenishment of any mineral deficiency, which we had accumulated throughout our life.

Best results have been reported when every 'high concentration' serving is followed by 1.5- 2 cups of water with normal Adya serving.

THE KEY IS TO DRINK A LOT OF WATER THROUGHOUT THE DAY (WITH NORMAL SERVING 1 tsp/gal), SINCE THE MINERALS WORK EFFECTIVELY WITH WATER.

Measurements for reference:

1 cup = 8 fluid ounces = 240 ml

1 gallon = 4 quarts or 128 fluid ounces = 3.785 liter

1 liquid ounce = 2 tablespoons = 30 ml

1 liter = 1.057 quarts

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