



## HEALTHY-OH Dosage Chart

Order enough HEALTHY-OH water to last you a minimum of 30 days. This will give your body time to detox the acid and give you time to evaluate how much better you feel and look using HEALTHY-OH water in your daily diet. As a general rule, you should be drinking approximately 1 oz. of purified water daily for each 2 lbs. of body weight, a maximum of 4-6 oz. per 30-minutes. Use the chart below to calculate how much of that water should be a HEALTHY-OH water mix.

**HINT: 1 capful = approx 1/2 tbsp = 1/8 oz.**

We suggest the below amount of **HEALTHY-OH** in ounces daily based on weight:

Weight (lbs.)	Water (oz.)	HEALTHY-OH (oz.)
Up to 10	6	1/8
Up to 22	8	1/4
Up to 45	16	1/2
Up to 90	32	1
Up to 135	48	1.5
Up to 180	64	2
Up to 225	80	2.5
Up to 270	95	3
Up to 315	112	3.5
Up to 360	128	4