

WATERMINS™ EMdrops™

Liquid Mineral Supplement and Water Enhancer

PRODUCT INFORMATION

Additional info available at
www.watermins.com

Product Information*

EMdrops is a highly concentrated liquid formula containing four essential minerals (calcium, magnesium, potassium and chloride) for supporting bone, cardiovascular, and overall health [1,2]. It is used as a mineral supplement, and as a water enhancer. EMDrops provides minerals as fully dissolved ionic electrolytes in a solution form that provides better absorption as compared to tablets, capsules, powders, or suspensions [3]. EMDrops does not contain any calories, colors, flavors, sweeteners, preservatives, etc. Regular use of EMDrops is intended to supplement the intake of essential minerals, particularly because most people have insufficient dietary intake of calcium, magnesium, and potassium [4]. EMDrops is especially useful for mineralizing purified water, since drinking water with minerals is important for health, hydration, and mineral intake [5,6].

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. As with all supplements, we recommend discussing this product with your doctor.

General Use and Storage

EMdrops is highly concentrated, and MUST BE DILUTED into water or other beverages for use. For dilution and dosage information, please see the Suggested Use information under the "Supplement Facts" tables on carton and bottle label.

Store EMDrops at room temperature (68-77 °F). DO NOT freeze or refrigerate. Mineral crystals may form if EMDrops is stored at cold conditions, or if the product arrives in freezing weather. If this happens, you may see cloudiness, or "snowflakes" in the product. This is normal, and does not affect quality. Simply allow the bottle to reach room temperature (this may take a few hours if the bottle is very cold), and then shake bottle to dissolve the crystals. NEVER warm the product in a microwave or oven, since the bottle may melt and/or explode.

The FAQ section at www.watermins.com has more information, including:

- Suggested doses for children
- How much should be added to a liter or gallon of water
- How to use EMDrops for rehydration after exercise or sweating
- How to get discounted prices for EMDrops

Mineral Supplement Use

EMdrops is helpful for boosting dietary intake of essential minerals, especially Calcium and Magnesium. The minerals are fully dissolved ionic electrolytes in a solution form which provides better absorption as compared to tablets, capsules, powders, or suspensions [3]. The dose and taste can be adjusted, by mixing EMDrops into juice, smoothie, sports-drink, tea, coffee, soup, etc.

EMdrops is particularly suited for:

- Health-conscious individuals who want improved absorption and intake of the most important essential minerals, without taking pills
- Children and Seniors who need to increase mineral intake but cannot swallow large tablets and capsules
- Those who wish to avoid chemical colors, flavors, preservatives, or other objectionable additives present in most supplements
- Those who like to customize taste and dosage of their mineral supplements by adding into a beverage of choice.

EMdrops may not be suitable for everyone. As with all supplements, we recommend discussing this product with your doctor or health practitioner.

Water Enhancer Use

Many studies show that drinking water with mineral electrolytes is important for health, hydration, and mineral intake [5,6]. If you want improved hydration with mineral electrolytes, EMDrops is the answer! Just 1 drop of EMDrops added into a cup of water provides >2-fold level of electrolytes as compared to typical "Electrolyte Enhanced" bottled waters, at a much lower cost! When you add 3 to 5 drops, you get rich levels of minerals similar to bottled mineral water, while caring for the environment and for your wallet.

Highly purified and "soft" waters are mineral-deficient, and are associated with cardiovascular, bone, and other health risks [8]. EMDrops is excellent for mineralizing and improving the taste of purified waters, including RO-filtered, softened, distilled, and/or purified bottled waters. It can be added to any drinking water for boosting mineral intake. Drinking 8 cups of water per day with 5 drops of EMDrops per cup provides ~20% of the adult daily value of Calcium and Magnesium. Even 1 or 2 drops per cup taken regularly is significant due to high absorption of minerals from water.

The EMDrops Story

EMdrops (an acronym for Essential-Electrolyte Mineral Drops) was invented by a pharmaceutical scientist for his family. After the birth of his first child, he installed a reverse-osmosis (RO) filter to purify tap water at home. He selected a RO filter since regular water filters cannot remove fluoride, and there is increasing evidence that fluoride in water is harmful, particularly for infants and children [7]. However, his wife did not like the RO water because it tasted odd and artificial. Upon further investigation he found the reason for the odd taste: RO water has practically no minerals (similar to distilled water). Further, drinking such mineral-deficient water on a daily basis can cause health problems [8]. So now he had a dilemma, go back to using regular filtered tap water (with fluoride and other potential contaminants), or keep using RO-purified water (with no minerals)? He decided to add healthy minerals into the purified water, using a formula free of chemical additives. However, there was no such product available in the market. Ultimately, he developed the desired formula after many months of experimentation, and named it "EMdrops".

Ingredients & Quality

EMdrops is made in the United States with Good Manufacturing Practices (GMPs), in a FDA-registered facility. The bottle and cap are BPA-free and are made with food-grade PET and PP materials, respectively. All the ingredients comply with safety and quality standards of the United States Pharmacopoeia (USP). The formula does not have any added colors, flavors, preservatives, etc. It has no known allergens, no GMOs, no sugars and no fats. The packaging materials (bottle, cap, carton and printed leaflet) are recyclable.

The EMDrops formula was developed with care and concern for diverse health needs, including those of children and seniors. For example, sodium is an electrolyte that was not included in EMDrops because most people consume excess sodium. EMDrops has highly concentrated mineral electrolytes, and it must be diluted into water or beverage for use. It is suitable for practically all dietary plans, including vegan and vegetarian. Please refer to the "Supplement Facts" and related information on the carton and bottle label for suggested use and storage instructions.

REFERENCES

1. Otten JJ, Hellwig JP, Meyers LD (eds). Dietary reference intakes - the essential guide to nutrient requirements: 2006. Institute of Medicine, National Academy of Sciences.
2. Dietary Supplement Fact Sheets: Vitamin and Mineral Fact Sheets for Calcium and Magnesium: National Institutes of Health - Office of Dietary Supplements. 2013.
3. Crowley MM. Solutions, Emulsions, Suspensions and Extracts, Pg 745. In, Remington: The Science and Practice of Pharmacy; Troy DB, Beringer, P. (eds), 2006.
4. Ervin RB, Wang CY, Wright JD, Kennedy-Stephenson J. Dietary intake of selected minerals for the United States population: National Center for Health Statistics, 2004.
5. Ong CN, Grandjean AC, Heaney RP. The mineral composition of water and its contribution to calcium and magnesium intake: Chapter 3, Pg 36-56; World Health Organization Report, 2009.
6. Casa DJ et al - Fluid Replacement For Athletes: J Athletic Training 2000. 35(2), 212-224.
7. Choi AL, Sun G, Zhang Y, and Grandjean, P. Developmental fluoride neurotoxicity: A systematic review and meta-analysis. Environmental health perspectives 2012; 120 (10): 1362 - 1368.
8. Kozisek F. Health risks from drinking demineralised water. Chapter 12, Pg 148-163; World Health Organization Report: Nutrients in drinking water, 2005.

*"Drinking water without healthy minerals
is like eating oranges without Vitamin C"*

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Health and Hydration, do check out:
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Thank You

Thanks for taking the time to learn about essential minerals for health & hydration, and our product. For more info, and to receive health news & offers for EMDrops, please visit: www.watermins.com

We strive for 100% customer satisfaction.
For comments, questions, or feedback:
Email: contactus@watermins.com
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If you like EMDrops, please tell your friends! Your authentic review on Amazon.com (or on your blog) will truly help others learn from your experience.

We believe in caring & sharing, and have pledged at least 10% of net proceeds to worthy causes.

More information available at:
www.watermins.com/giving