

# GO2 TRIPLE STACK PROTOCOL – ENERGISED LIFESTYLE

We recommend taking our products individually, leaving at least 30 minutes between servings.

## GO2 Oxygen

### When?

- Two to four times daily.
- Take whenever you feel like a boost. Many customers take first thing in the morning and again mid-afternoon/early evening, and/or before exercise. Once your body is used to GO2 Oxygen (about a week), it may be taken last thing at night to support deep, restorative sleep.
- Take before and after travel to minimise the fatigue of jetlag.
- Take after alcohol consumption to bounce back quickly.

### How much?

- Up to 60kg bodyweight: 5-10mL
- 60-80kg: 10-15mL
- 80kg+: 15-20mL.
- These amounts are a guide – individuals generally determine the most suitable amount for their needs.

### How?

- For fastest absorption take undiluted and hold in the mouth for 30 secs before consuming.
- May be added to water or any non-fizzy drink, even coffee as long as it isn't extremely hot.
- Best taken on an empty stomach.
- Keep out of direct sunlight; do not use metal serving utensils; after opening store in fridge or at room temp.

## H2 BOOM!

### When?

- Once or twice daily.

### How much?

- One or two tablets.

### How?

- Add tablet/s to a glass of water, allow to dissolve, then drink immediately while still cloudy.

## GO2 Minerals

### When?

- With any meal.

### How much?

- 10-20mL.

### How?

- Add to a glass of water or any other drink according to taste.

Note: all three products are active in the body as antioxidants. Some people may notice slight 'detox' nausea when starting to use the products, as they perform this role. In the unlikely event that you experience this, reduce the amounts you are taking until your body gets used to the protocol, then gradually increase to desired amounts.

IF YOU ARE UNDER MEDICATIONS OR HAVE ANY CONCERNS IT IS RECOMMENDED THAT YOU CONSULT YOUR HEALTH PROFESSIONAL BEFORE STARTING ANY NEW SUPPLEMENT PLAN.