

Dr. Ace's ASEA REDOX PROTOCOL

5 QUICK TIPS



ASEA REDOX SUPPLEMENT



- 1 Upon rising, drink 8 oz of water. Wait 2–5 minutes, then drink 8 oz ASEA on an empty stomach. **Always use a freshly cleaned cup for every ASEA serving throughout the day.** Wait 5–10 minutes before eating, drinking anything else, or brushing your teeth.



- 2 Hold each gulp and/or swish for 15–30 seconds before slowly swallowing. This allows redox molecules to absorb in the mouth and start a cascading effect of cellular communication.



- 3 Consume 8 oz. mid-afternoon or evening, after drinking 1 glass of water.



- 4 Increase daily water intake. Stay hydrated — aim for 64–84 oz per day.



- 5 Fill out your Results Tracker card. Track weekly so you can see and share your progress.



RENU28 REVITALIZING GEL



- 1 Shake before each application.



- 2 Apply 3 times in 5 minutes for best results.



- 3 Use twice daily on a clean face for younger, more vibrant skin. Moisturize 1 minute after.



ASEA GOLD TOPICAL GEL



- 1 Apply a nickel size and massage in circular motion for 1 min back on neck, lower spine and anywhere with discomfort.



CONSISTENCY + HYDRATION = TRANSFORMATION