

Congratulations on your GIA i-H2O Activation System purchase!



SET-UP INSTRUCTIONS

To properly remove the *i-H2O Activation System* contents from the carton, **please refer to the enclosed instructional guide titled, "How to Remove i-H2O Carton Contents."**

1. BEFORE pouring water or other liquids into your i-H2O pitcher, remove the activator unit/lid that sits on top of the pitcher. (see Fig. 1) Also make sure to remove the 120V Power Adapter from the inside of the pitcher before proceeding to Step 2 below.
2. Fill the i-H2O pitcher with water - preferably clean, filtered water (not tap water) - or any other liquid you would like to structure (juice, milk, etc) with the i-H2O activator. **The pitcher should be filled up to a level where the water is approximately 2.5 inches away from the top of the pitcher**, to make sure the activator unit does NOT get wet. (see Fig. 2). If your activator unit accidentally does get wet, please allow it to dry for 12 hours before reusing.
3. Ensuring the lids' arrow is aligned with the pitchers' spout, place the activator unit on top of the i-H2O pitcher and insert the 1/8" male end of your 120V power adapter into your activator unit. (see Fig. 3)
4. Plug the other end of your 120V power adapter into a wall outlet or power strip. (see Fig. 4)
5. To structure your water/liquid: Press the button on the top of your activator unit. (see Fig. 5)
The red indicator light on top of the activator will blink during activation. Your activator will automatically shut off after 30 minutes.* After the red light stops blinking, your water/liquid is activated and ready for consumption.

* Activating the water for over 30 minutes does not offer additional benefits.

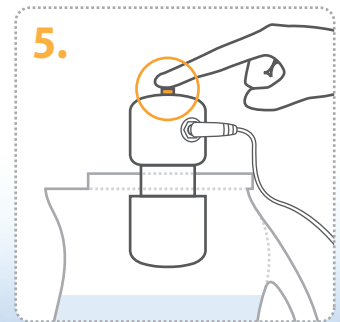
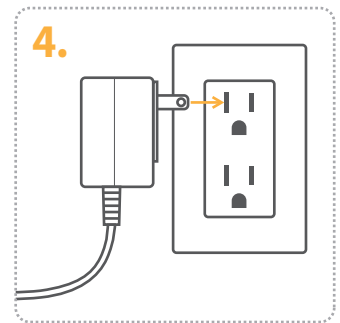
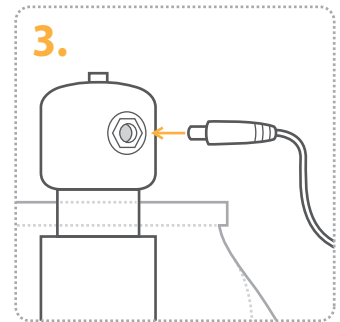
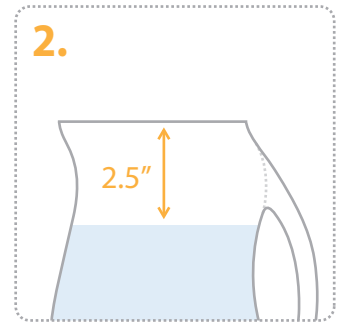
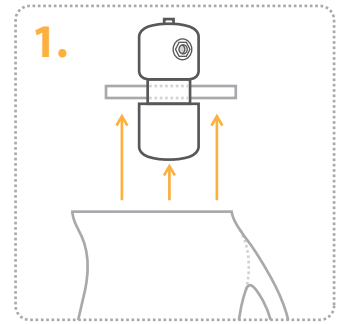
USAGE

i-H2O offers exceptional hydration, which your body may not be used to. When making i-H2O part of your daily hydration regimen, we recommend you easing into your i-H2O experience over a period of a week, by starting slowly and working your way up to 3+ glasses (24 fl oz) of i-H2O per day (see Fig. 6). Once your body has become accustomed to the powerful hydration benefits of i-H2O, feel free to increase your daily intake as desired.

Fig. 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1/2 glass	1 glass	1.5 glasses	2 glasses	2.5 glasses	3 glasses	3+ glasses

For more important information on proper i-H2O usage, storage, and cleaning please refer to the reverse side of this sheet.



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HOW TO STORE YOUR ACTIVATED i-H₂O / LIQUIDS

To prolong the lifespan of your activated i-H₂O/liquids' optimal structure, please keep it refrigerated in acrylic, plastic, ceramic or glass containers. Do NOT store in metal containers, as they interfere with the water/liquids' optimal structure.

PLEASE NOTE: When properly stored and refrigerated, your i-H₂O/liquid will remain structured for approximately 30-45 days. Please note that your i-H₂O activator is designed to perform approximately 14,400 activation sessions of 30 minutes each. This is equivalent to one activation per day, for approximately 39 years.

CLEANING INSTRUCTIONS FOR 64oz ACRYLIC PITCHER

To maintain the life & aesthetic of your acrylic pitcher, please hand wash only. Do NOT put in dishwasher.

1. To clean the pitcher, use a soft, non-abrasive cloth moistened with lukewarm water. If necessary, a small amount of gentle, non-abrasive dish detergent may be used. Turn the cloth frequently to keep a clean side on the surface. Doing so will help avoid permanent scratching.
2. Dry the pitcher by blotting gently with a clean, dry cloth.

Do NOT use aromatics, window cleaning sprays, alcohol, or solvents (such as acetone, benzene, gasoline, carbon tetrachloride, or thinners). Do NOT use ammonia-based cleaners.

The containers enclosed with your i-H₂O Activation System (the 64oz acrylic pitcher, the glass drinking bottle, and the 3 spray bottles) are charged with GIA's proprietary Energy Resonance Technology (ERTTM). By filling any of them with activated i-H₂O, you are assured the transformational benefits of GIAplexTM, which is designed to deliver optimal hydration to where your body needs it most.



POWERED BY
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THE POWER OF AQUAGIA

At GIA Wellness, the very best of hydration, energy and nourishment is delivered through a breakthrough concept called **AquaGIA** - a 'hub-and-spoke' approach to supplying you with the best nutrient formulations, coupled with the most effective liquid delivery mechanism available. At the heart ('the hub') of **AquaGIA** lies the patented i-H₂O System, a groundbreaking water activation technology, proven to structure water that is 400 times more liquid than conventional water, delivering unprecedented hydration benefits. Surrounding the i-H₂O Activation System are cutting edge formulations ('the spokes') in the areas of Inspired Energy ('**TerraGIA**' Products), Inspired Nutrition ('**NutraGIA**' Products), and Inspired Beauty ('**BellaGIA**' Products).

By combining the super-liquid nutrient 'delivery river' that is i-H₂O with potent nourishment for the body - both inside and out - *GIA Wellness* products are designed to provide an unparalleled quality of hydration. They have also shown to deliver never-before-seen levels of absorption and assimilation - of both energy and nourishment. Simply put, with *GIA Wellness*, you too can reach new heights in how you *look, feel and live*.

When taking any of the NutraGIA Inspired Nutritionals with your activated i-H₂O, you're not only benefitting from GIA's breakthrough nutritional blends, but you're also assured optimized nutrient delivery, absorption, and utilization.

When using GIA's Inspired Energy Products along with activated i-H₂O, you're supporting your body's natural detoxification process, while providing the quality of hydration necessary to help your biofield resist the daily onslaught of environment stressors, including electromagnetic radiation (EMR).

When blending the 17 botanical ingredients contained in the i-glowTM Skin Optimizing Concentrate with activated i-H₂O, your skin is provided with instant hydration, nutrition, and pollution defense - every time you mist i-glow!