Optimal hydration can be integral to supporting weight-management goals.

Hydration can also be important to maintain cognitive function.

In cold water, HydroGize generates up to 500 parts per billion (ppb) hydrogen after 1 minute and up to 900 ppb after 3 minutes. In warm or hot water, HydroGize generates up to 500 ppb after 3 minutes.

**DIRECTIONS**

1. Plug the HydroGize into a power source using the USB connector. Fully charge the battery.
2. Add drinking water to the bottle.
3. Set the hydrogen generator to the desired timer setting. Do not shake while the generator runs. Instead, let it sit during hydrogen generation.
4. Be sure to drink shortly after the hydrogen generation cycle has finished.

When using Vitality™ essential oils with HydroGize, be sure to thoroughly clean the device immediately following use to properly maintain the unit. Please note that adding oils may decrease hydrogen production. For ease of maintenance, move oil-enriched hydrogen water to a separate container if not consumed immediately.
**CLEANING**

1. Disassemble water bottle into three parts to clean.
2. Gently clean with warm water, gentle dish soap, and a soft cloth. Do not use abrasive or corrosive cleaners.
3. Let the device dry before charging.

**CAUTIONS**

- Consult a physician prior to use if you are pregnant or nursing.
- Keep out of reach of children.
- Unplug the device when not in use.
- The device is not dishwasher safe.

**FREQUENTLY ASKED QUESTIONS**

Q. Can I put essential oils directly into HydroGize?
A. Yes. However, when using Vitality™ essential oils with HydroGize, be sure to thoroughly clean the device immediately following use to properly maintain the unit. Please note that adding oils may decrease hydrogen production. For ease of maintenance, move oil-enriched hydrogen water to a separate container if not consumed immediately.

Q. Is the device dishwasher safe?
A. No. This device cannot handle extreme heat. Hand wash with a non-abrasive, mild soap and water.

Q. Can I use hot water when generating hydrogen water?
A. Yes. HydroGize will generate hydrogen in hot or cold water.

Q. Do I have to purchase or replace a filter?
A. No. There is no expensive filter to replace.

**COMPLEMENTARY PRODUCTS**

- Lemon Vitality™ Essential Oil
  Item No. 5625
- Master Formula™
  Item No. 5292
- Slique® Complete
  Item No. 4714
- Wolfberry Crisp™ Bars
  Item No. 5758

*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.