

Product Usage: Personal Care

Mineral Soap (Regular and Original)

Use the Mineral Soap for personal care or household cleaning. It's gentle on the skin and hair, yet effective for many household cleanups.

General Personal Care: Using the Mineral Soap is a simple first step in beginning to eliminate harmful chemicals from your daily personal hygiene care. Use as a shampoo, a body wash or as a hand soap. For dry skin and hair, try the Moisturizing Mineral Soap.

Rejuvenating Mineral Bath: See Energizing Mineral Bath for directions.

Household Cleaning: Use as you would any other household soap. Since it is concentrated, you may need to adjust the amount.

Washing Fruits and Vegetables – Add 1 fl oz of Mineral Soap and 1 fl oz of Mineral Neutralizer to a sinkful of water. Immerse the fruit and vegetables in the sink, soak a few minutes and then rinse. Scrub, if necessary.

Light Cleaning – Mix a few drops of Mineral Soap in a quart of water. Works well on glass, mirrors, stainless steel, fiberglass and plastic.

Medium Cleaning – Mix 2 fl oz of Mineral Soap in a gallon of water. Use to clean dishes, floors, bathroom fixtures, tile, cabinets, carpet, upholstery, brick, stone and metal. For dishwashers, add 1 tablespoon for a normal wash load. It can also help eliminate strong odors such as fish, onion, garlic and pet odors.

For external use only.



Moisturizing Mineral Soap

Use the Moisturizing Mineral Soap on the body and hair in the same way as the Mineral Soap. It gently washes away dirt and impurities, yet moisturizes and conditions dry skin and hair.

For external use only. Not intended to be used as a household cleaner.



Energizing Mineral Bath



Take a relaxing mineral bath by adding 2 fl oz of the Energizing Mineral Bath and 1 fl oz of the Mineral Soap or the Moisturizing Mineral Soap to warm bath water. Soak for up to 45 minutes (if time permits) to allow the pores of the skin to open and absorb minerals. Daily baths are suggested. If that's not possible, try bathing two days in a row and then every other day, or as often as possible. If a bath isn't possible, soak your feet using 1 fl oz of the Energizing Mineral Bath and 1/2 fl oz of the Mineral Soap or the Moisturizing Mineral Soap. Individual results may vary.

For external use only.

Product Usage: Personal Care

Mineral Gel

The Mineral Gel is a great addition to your daily skin care regimen. Use to refresh, tone and energize the skin. Apply to those areas of the skin needing extra care and attention. Its soothing, cooling effects make it perfect to use as an after-shave!

For external use only.



Skin Moisturizer

NatureRich Skin Moisturizer is very rich and concentrated so you will not need to use a large amount. Apply externally on all areas of the body. For greater results, first apply our Fortified Mineral Gel to the skin and then apply the Skin Moisturizer.

For external use only.

Deodorant Stone

After bathing/showering, wet stone with water or the Energizing Mineral Bath and apply generously to clean skin. Rinse stone prior to each application. Repeat as desired immediately after bathing/showering. Dry stone after each use. For underarms, cover an area at least 4–6 inches from underarm. Push from bottom to advance stone.

For external use only.



Deodorant Mist

Spray 4–6 times on different areas of the body after bathing or showering. Also, works great as a foot spray to eliminate odors. Note: If fine mist sprayer becomes clogged or fails to spray, simply rinse spray tube with hot water to clear.

For external use only.

Deodorant Roll-On

Shake prior to use. Apply generously to clean skin after bathing. Can be used on any part of the body. Also works great for foot odor!

For external use only.



Product Usage: Nutrition



Mineral Neutralizer*

Suggested Daily Use: Start by mixing a small amount (1/2–2 fl oz or 1–4 tbsp) with your water or favorite beverage. Increase the amount as desired. We recommend not to exceed 9 fl oz per day.

Refrigerate after opening.

Ultra-Mineral Neutralizer*

Suggested Daily Use: Contains a higher concentration of minerals, so start mixing a small amount (1/2–2 fl oz or 1–4 tbsp) with water or your favorite beverage. Increase the amount as desired. We recommend not to exceed 4.5 fl oz per day.

Refrigerate after opening.



All-Natural Greens*

Suggested Daily Use: Mix 1 scoop (approx. 1 tbsp) in 8–12 fl oz of water or favorite beverage and mix vigorously. Best to drink immediately. All-Natural Greens are most effective when taken on an empty stomach. It is good to drink a glass of water first thing in the morning and then a glass of All-Natural Greens.

All-Natural Greens can be taken first thing in the morning or between meals. When taking NatureRich Greens between meals, it is recommended to drink 2 hours before or after eating. Most people begin with the label suggestion of 1 scoop daily. Some find even greater benefits by adding a second glass during the day. Drink and enjoy the great energy!



Create a Powerful Energy Drink:

- 1 scoop/All-NatureRich Greens
- 1 fl oz/LiquaDrive
- 2 scoops/Vanilla Energy Shake powder
- 1 fl oz/Mineral Neutralizer
- 1 cup/Crushed ice

Mix in a blender with 10 fl oz of cold water

Drink immediately for best results!

**Optional - Add 1 scoop of Ultra-Greens*

Product Usage: Nutrition



Ultra-Greens*

Suggested Daily Use: Up to three times per day, mix 1 rounded scoop in 8 to 12 fl oz of water and mix vigorously. Best to drink immediately.

The Ultra-Greens can be mixed with the All-Natural Greens or taken separately at different times of the day.

Flax Hull Lignans*

Suggested Daily Use: Mix 1–2 heaping scoops (1 heaping scoop = approx. 1 tbsp.) into your favorite beverages or fruit shakes. Add to your favorite recipes or sprinkle on top of salads and breakfast cereals. Follow with 6–8 fl oz of water and continue to drink plenty of water throughout the day. One 5.3 oz. jar lasts approximately one month when taking 1 scoop per day. Store in a cool, dry place and keep tightly sealed. Refrigeration is not required.



LiquaDrive*

Suggested Daily Use: Take 1 fl oz (2 tbsp.) twice a day for the first month, then a maintenance dose of 1 fl oz per day. Drink alone or mix with water. Refrigerate after opening. Shake well before using.

Energy Shakes*

Available in Chocolate and Vanilla

Add two (2) scoops to 10 fl oz of cold water for desired taste (or 8 fl oz of fat free milk). Add ice cubes and shake vigorously or mix in a blender. For variety, add fruits!

Blending Tip: If using a blender to add fruit or ice to your Energy Shake, blend the fruit and ice first to the consistency desired. Then add the Energy Shake powder and blend for a few seconds.

Daily Program Choices:

Drink 2 shakes per day and eat 1 healthy, balanced meal to help promote weight management and increased energy levels.

Drink 1 shake per day and eat 2 healthy, balanced meals to maintain present weight and help promote increased energy levels.



**For infants and children less than 4 years of age or if you are pregnant, lactating, taking medication or have a medical condition, consult your healthcare professional before using this product.*

Product Usage: For the Home

Laundry Wash

Add 2–3 fl oz per full load of laundry. Use less for partial loads. Use in all top-load or front-load washing machines.



Xp3 Gas and Diesel Fuel Enhancers

Add to tank **BEFORE** fueling. You may see results almost immediately unless your vehicle has not been serviced for a long time. In such a case, you may need to try the Gas or Diesel Fuel Enhancer a few times before you will notice results.

Xp3 Gas Enhancer

Available in:

- 0.80 fl oz/24 mL container – treats up to 20 gallons/75.7 L of fuel
- 16 fl oz/480 mL container – treats up to 400 gallons/1.5 kL of fuel

Xp3 Diesel Enhancer

Available in:

- 0.80 fl oz/24 mL container – treats up to 24 gallons/90.9 L of fuel
- 4 fl oz/120 mL bottle – treats up to 120 gallons/454 L of fuel
- 16 fl oz/480 mL bottle – treats up to 500 gallons/1.9 kL of fuel
- 1 gallon/3.8 L bottle – treats up to 4,000 gallons/15 kL of fuel
- 2.5 gallon/9.5 L bottle – treats up to 10,000 gallons/37.9kL of fuel

