Hydrate & Mineralize Protocol Pack

DAILY MINERAL ROUTINE

HYDRATE • MINERALIZE • REPLENISH • ENERGIZE

PROTOCOL OVERVIEW

The Hydrate & Mineralize Protocol Pack is a daily mineral routine: six nano-ionic liquid minerals that go straight into your water.

KEY BENEFITS

- ✓ Full-spectrum mineral balance in an easily absorbed liquid form
- ✓ Iodine, magnesium, zinc, selenium and calcium in one routine
- ✓ Supports hydration, energy and cellular function
- ✓ 30 drops of each in water daily
- ✓ Simple to follow, one dose of each per day

WHAT'S INCLUDED



Nano-Ionic Multi w/Silica (Full Spectrum Minerals)
Full-spectrum liquid minerals.



Nano-Ionic Iodine
Thyroid and metabolic mineral support.



Nano-Ionic Magnesium
Muscle, nerve and energy support.



Nano-Ionic Zinc
Liquid zinc for immune defense and cellular repair.



Nano-Ionic Selenium
Antioxidant and thyroid support.



Nano-Ionic Calcium
Calcium absorption and bone support.

DAILY DOSAGE SCHEDULE

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
Nano-Ionic Multi w/Silica (Full Spectrum Minerals)	30 drops							In water, daily.
Nano-Ionic Iodine	30 drops							In water, daily.
Nano-Ionic Magnesium	30 drops							In water, daily.
Nano-Ionic Zinc		30 drops						In water with breakfast. Do not take on an empty stomach.
Nano-Ionic Selenium	30 drops							In water, daily.
Nano-Ionic Calcium	30 drops							In water, daily.

PROTOCOL NOTES

- 30 drops of each mineral in your water daily. The minerals can share the same glass or bottle.
- Do not drink Zinc in water on an empty stomach; take it with food.
- Use filtered water and sip through the day for steady hydration.

JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

JOIN NOW

NOURISH • BALANCE
RESTORE • LIVE WELL

PURCHASE PROTOCOL

Wellness Starts Within

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult the product label for full ingredient and usage information.