

# Living Fresh Foods!™

CATCH THE WAVE OF NUTRITION™



Subject: Living Fresh Foods-Liqui-Trace™ Minerals How to Instructions

Dear Customer,

The Kit Contains: Liqui-Trace™ Minerals 5 mL Super Concentrate with Dropper and a 2.7 oz Misting Sprayer

Our goal is to build a successful business that helps families gain access to nutrition safe foods. The Liqui-Trace™ Minerals 5 mL Super Concentrate Botte with a Dropper comes with a 2.7 oz Misting Sprayer. The bottles used in our Trace Minerals Product are BPA Free and Food Grade Safe. The Trace Minerals Super Concentrate is low sodium and safe for Plants, Animals and People. Our Liqui-Trace™ Minerals are so dense, the 5 mL Bottle Super Concentrate will make between 80 to 96 Solutions for our Misting Spray Bottle. The Mineral Bottles were designed to be able to travel even on airplanes.

Living Fresh Foods offers Complete Microgreen Growing Kits in a variety of Plants, Resupply Seed Kits with our Growing Replenishment Supplies and other important Nutritional Products to enhance quality of health. We are continuing to launch new products for our customers. Hopefully, many who experience our Living Fresh Foods Products will “Catch the Wave of Nutrition™”.

Our nutrition concentrate contains over 70 different Major and Trace Minerals. When our Trace Minerals are combined with water molecules, the minerals in their free ionic state become active and electrically charged (electrolytes). Water is the medium used by the body for transporting these nutrients in the cells and for the chemical reactions of cellular metabolism to take place. Enzymes will center around one or more of the minerals. When minerals are deficient, enzymes can be compromised or absent. There are so many Minerals, Trace Minerals and Enzymes necessary for a healthy life. Science has only started to understand the benefits of these building blocks to heath. This power packed product can be used as a Foliar Spray for Microgreens or other vegetables, used in drop form to add to pet’s and people’s drinking water or sprayed directly onto food to promote the absorption of Minerals.

As always, if you have a Medical condition please consult your Doctor for guidance. Liqui-Trace™ Minerals contain all the naturally occurring minerals, including small traces of iodine. If you are allergic to any mineral and make the decision to try our Trace Minerals please do so with caution, and at your own risk. If you have kidney disease, only take Trace Minerals under the advice of your Doctor. Healthy kidneys easily filter out extra magnesium not needed by the body. However, if your kidneys are not functioning properly, magnesium can accumulate in your system, and a magnesium toxicity can occur. These statements have not been evaluated by the US Food and Drug Administration. This product is not intended to diagnose, treat, or cure disease.

Thanks,

Living Fresh Foods Team

His Provisions, LLC dba Living Fresh Foods

## How-To Instructions for Plants, Pet's and People:

### Microgreen Plants and other Vegetables-Foliar Spray

Fill your Misting Spray Bottle with clean Drinking Water leaving about ¼ inch from the top. Take your Liqui-Trace™ Super Concentrate and add one drop into your Misting Spray Bottle. Firmly screw the Misting Sprayer on the top of the Bottle and shake. Mist your Seeds and young Plants twice a day to keep them moist. Wipe up any overspray from your countertop. When time to refill your Misting Spray Bottle, make sure to wash properly and then follow the same mixing instructions.

Guaranteed Analysis	
<b>0-0-2</b>	
Soluble Potash (K <sub>2</sub> O).....	2.0%
Magnesium (Mg).....	5.4%
5.4% Water Soluble Magnesium (Mg)	
Sulfur (S) .....	1.9%
1.9% Combined Sulfur (S)	
Sodium (Na) .....	1.8%
Chlorine (Cl) .....	16.0%
Derived From: Potassium Sulfate, Potassium Chloride, Magnesium Chloride and Sodium Chloride	

### Animals-Added to Drinking Water

Once a Day, add one drop of your Liqui-Trace™ Minerals Super Concentrate to your Pet's Water Bowl for a small Pet under 20 Lbs. Pets over 20 Lbs. can have between 2 to 3 drops added to their Water Bowl.

GUARANTEED ANALYSIS					
Salt	(Min)	1.5%	Zinc (Zn)	(Min)	.9 ppm
Manganese (Mn)	(Min)	4 ppm	Magnesium (Mg)	(Min)	5%
Potassium (K)	(Min)	1.6%	Iodine (I)	(Min)	4 ppm
Molybdenum (Mo)	(Min)	.15 ppm	Sulfur (S)	(Min)	1.6%
Copper (Cu)	(Min)	1 ppm	Chromium (Cr)	(Min)	.5 ppm
Silicon (Si)	(Min)	1.48 ppm			
			Salt	(Max)	2.0%
			Iron (Fe) (Min)		3 ppm
			Chlorine (Cl) (Min)		12%
			Cobalt (Co) (Min)		.2 ppm
			Selenium (Se) (Min)		.013 ppm

### Ingredient Statement

Potassium Chloride, Magnesium Chloride, Sodium Chloride, Iron Sulfate, Manganese Sulfate, Copper Sulfate, Zinc Sulfate, Sodium Selenite, Cobalt Sulfate, Iodine, Chromium Sulfate, Molybdenum Sulfate, Silicon Sulfate

### People-Added to Drinking Water or Mist Spraying on Food

Just add 1 to 3 drops to an 8 oz bottle of water up to several times a day or use your Misting Sprayer Solution to apply to your food. The Minerals are not to be taken orally without water. Water is required to bond with the Mineral molecule to carry the nutrition into the blood stream.

List of some of the Key Minerals in Trace : Calcium, Magnesium, Chloride, Sodium, Potassium, Sulphate, Silver, Aluminium, Beryllium, Cobalt, Chromium, Copper, Phosphorus, Iron Manganese, Molybdenum, Nickel, Scandium, Selenium, Tin, Zinc, Titanium, Vanadium, Gallium, Rubidium, Strontium, Yttrium, Zirconium, Niobium, Rhodium, Palladium, Antimony, Tellurium, Caesium, Lanthanum, Cerium, Praseodymium, Neodymium, Samarium, Europium, Gadolinium, Terbium, Dysprosium, Holmium, Erbium, Thulium, Lutetium, Hafnium, Tantalum, Tungsten, Platinum, Thorium, Uranium