

To make magnesium bicarbonate water:

Chill a 1-liter bottle of plain seltzer water or Canada Dry club soda

Measure out 45 mL (or 3 Tablespoons) of Phillips Milk of Magnesium (Plain, not-flavored)

Slowly pour the measured MOM into the club soda/seltzer water, close the lid tightly and shake vigorously

Put back in refrigerator for 30 minutes or so and then take it out and shake again

Repeat 1-2 times until the white settlement on the bottom mostly disappears

Keep this stored in the refrigerator; this will be the magnesium bicarbonate concentrate

Add about 1 tsp. to pet's drinking water or food daily

For humans, add a splash to your own glass of drinking water

Enjoy!