

The 30:90 Method

One measure. Three parts drinking water.



1 : 3

30 mL PANAKOS® + 90 mL drinking water

A simple, repeatable preparation ratio.

THREE SIMPLE STEPS

1

MEASURE

Pour 30 mL of PANAKOS®.

2

ADD

Add 90 mL of drinking water or a preferred natural beverage.

3

MIX

Stir gently until combined.

BEFORE DRINKING

PANAKOS® is hypertonic deep seawater. Always dilute before drinking.

