



Directions for Taking HempEssential Hemp-C60

Hemp-C60 is best taken (ingested) the morning on an empty stomach, followed shortly thereafter with an apple (or a reliable source of H₂ which the apple will naturally create in your body) OR one hour after your food. Hemp-C60 may also be applied topically to needed areas.

Taking consistently on a daily basis creates optimum results. We suggest you start with a smaller amount for the first couple of days to see how your body will adjust. Some experience a slight detoxification process that may be noticeable in various ways. Depending on your health, these effects will dissipate over time as your body stabilizes.

If you are smaller and/or younger, you may wish to take less Hemp-C60 and if you are larger and/or older you may want more. Pay attention to your body and know that ingesting more than your body requires or can absorb with any given dose will simply leave your body through the normal waste expulsion process. As the now-famous lab tests done on rodents show, there is zero toxicity in the C60 itself but detoxification is not always pleasant and slower would be better than faster in this respect.

We also suggest that you take Hemp-C60 before 4:00pm daily as it can be mildly stimulating. This is a known fact of the C60 itself and not a result of the Hemp Seed Oil as the Hemp Seed Oil is derived from Industrial Hemp and therefore contains no THC like is found in marijuana.

It is acceptable as well, to divide your daily dosage into smaller portions taken one hour apart over the course of your day. Some find this more effective while others do not notice any difference.

We suggest you drink extra water every day while taking Hemp-C60 and especially the first couple of weeks as this can help to counteract any detoxification affects you experience.

There are no known interactions of C60 with any medications. It is best however, to gradually increase C60 to recommended levels, as you would with anything newly introduced into your diet.

C60 is a super antioxidant and eliminates free radicals from the body by absorbing and then eliminating them through your waste system. C60 can penetrate your blood-brain barrier and so gives rise to a super "cleaning" process. This gives major aid to your body so that instead of it fighting to handle the free radical situation, it can now normalize biological processes.

C60 makes no permanent chemical bonds in the body and the C60 molecule washes out on average of ten (10) days and therefore requires replacement for continued effectiveness.

NOTE: There is a small but certain percentage of the population that is allergic to Hemp Seed Oil so if you have never ingested Hemp Seed Oil before, be aware of this fact. Those with health issues or intense athletes often take 14 ml (half oz.) or more per day. As normal, we recommend a teaspoon per day. Store at room temperature or in the fridge as you prefer. The shelf life is very long as C60 stabilizes the Hemp Seed Oil. We suggest that if the Hemp-C60 tastes rancid, it is past its best-by date which will not be for at least one year if not many.

Disclaimer: We make no claims on this product. This is not a medicine and not intended to be offered as a cure for any issue(s). The information on this product has not been evaluated by the Canadian Food Inspection Agency or the USA Food & Drug Administration or any other medical body. We do not aim to diagnose, treat, cure or prevent any illness or disease. Information is shared for educational purposes only. You must consult your doctor before acting on any content on this website, especially if you are pregnant, nursing, taking medication, or have a medical condition. The use of C60 still has not been recognized by the majority of the health organization and sole responsibility of using C60 products is yours and yours only.