

# OCEANS ALIVE

## OWNER'S HANDBOOK

How to use — **and benefit from** —  
your Oceans Alive.

ACTIVATION



# INTRODUCTION

**Let us start your journey towards better health with a thank you for purchasing your own bottle of Oceans Alive.**

We feel that this one simple purchase will launch you down the path to better health and an improved quality of life.

Oceans Alive works hard to support your health at a cellular level. You'll start noticing results in many areas of your life soon, from a boost in energy to better organ functionality and even weight loss.

**You'll be looking and feeling better in no time.**

**Over the next few pages, you'll discover...**

- ✓ **General use instructions**
- ✓ **Five pro tips for using Oceans Alive**
- ✓ **10 benefits of Oceans Alive**
- ✓ **Answers to frequently asked questions**
- ✓ **Success stories shared by customers, just like you, to get you excited about living a healthier life with Oceans Alive**



# GENERAL USE



**Every body needs slightly different nutrients and Oceans Alive works to fill the nutritional gaps in your diet.** Since everyone's needs are a little different, the amount of Oceans Alive you decide to take is ultimately up to you.

**We recommend:** 17 drops, or a dropperful, daily.

If you follow this recommendation, our standard 30 ml bottle will last you just under a month.

Many customers who take Oceans Alive do enjoy taking more than the standard daily amount, but the key to increasing your intake is to do it gradually. This product is rich in magnesium, which can be hard on your digestive system.

Pay attention to how your body reacts and adjust accordingly.

Even with a gradual increase, we don't recommend going beyond 5 dropperfuls a day. Oceans Alive is chock-full of nutrients and for the most part, a little goes a long way.

Oceans Alive can actually be used successfully in two different ways: orally or topically

The blend can be taken straight, added to a glass of water or even added to smoothies, just to list a few options. You can also add it to your cleansing routine, for healthier skin.

In order to experience the full benefits Oceans Alive has to offer, it's important to use it every day.

**Need more?** [Click here to stock up.](#)





# OCEANS ALIVE PRO TIPS

**You can make using Oceans Alive an even better experience by following these five pro tips...**

## **PRO TIP # 1:**

Add Oceans Alive to your morning smoothie for a daily energy boost that won't give you the jitters. Smoothies completely hide the taste!

## **PRO TIP # 2:**

Consider gradually building up your tolerance and take two or more servings a day; this is also known as superdosing. Your second serving could be a pre-workout 'primer' or a cure for the mid-afternoon workday slump.



### PRO TIP # 3:

Add 15 or more drops per day to your system when you're feeling under the weather for an immune system boost.

### PRO TIP # 4:

Add Oceans Alive to your dessert recipes, like this [chocolate pudding](#), to make your indulgent treats into healthier choices.

### PRO TIP # 5:

Add 2-3 drops of Oceans Alive to a natural cleanser, like coconut oil. Rub the mixture onto your face and rinse off with warm water if you're struggling with a breakout, eczema or other skin irritations.

# 10 BENEFITS OF OCEANS ALIVE

Oceans Alive is packed with nutrients to turn your body into a fully-functioning, well-rounded system. The benefits of this phytoplankton blend seem endless, but here are ten of our favorites to get you started...

## Oceans Alive...

- 1 **supports your natural detox system**
- 2 **protects your heart**
- 3 **improves brain functionality**
- 4 **boosts your energy**



# BENEFITS

- 5 promotes a healthy inflammation response, easing joint pain and muscle stiffness, among other inflammatory issues**
- 6 improves vision and protects your corneas**
- 7 supports healthy respiration**
- 8 helps to maintain balanced blood sugar levels**
- 9 keeps your immune system strong so that you can stay healthy all year long**
- 10 improves skin health, texture and clarity, as well as soothing irritations, like blemishes and rashes**

## Bonus Benefit

Oceans Alive can be great for your pet, too. Some of our customers add Oceans Alive to their pets' diets and report improved behavior and overall health.

When you take Oceans Alive daily, you'll discover even more benefits and improvements over time. If you decide to work towards superdosing, those benefits may come to you even sooner.





# FREQUENTLY ASKED QUESTIONS

## **Is Oceans Alive contaminant-free?**

Yes. The marine phytoplankton in Oceans Alive is grown in a photobioreactor in our facility in Spain. It's not grown in the ocean because, unfortunately, the pollution would compromise its integrity and purity. A photobioreactor is a sealed growing environment, where the perfect ingredients are combined. Purified ocean water, CO<sub>2</sub> and natural sunlight provide the exact conditions for growing marine phytoplankton at its best.

In other words, we have created a closed off 'mini-ocean', without the pollution, heavy metals and bacteria of the real one.

## **How is Oceans Alive made?**

Oceans Alive™ is made from two premium strains of marine phytoplankton. These strains have been upgraded through genetic selection.

We choose the best samples of marine phytoplankton from each batch and use them to grow the next batch. By doing so we are able to grow the most nutrient-packed phytoplankton in the world. It's incredible. Each batch of marine phytoplankton that we grow is literally better than the last.

We harvest the marine phytoplankton from our bioreactor and then mix it with a clean trace mineral solution. Then we bottle it.



## What are the most common uses of marine phytoplankton?

In the ocean where it grows naturally, it is the primordial food for 95% of marine life and produces as much as 90% of the oxygen in our atmosphere. On land it is cultivated and used for biofuel, fish farms, exotic aquariums and superior human nutrition.

## What is marine phytoplankton?

Marine phytoplankton is a species of microalgae that grows in the ocean. There are more than 43,000 identified strains in existence and an estimated 200,000 or more in total. Oceans Alive contains two strains, carefully selected to find the best match for the human nutritional profile.

Marine phytoplankton feeds 95% of the life in the ocean and is responsible for producing as much as 90% of Earth's oxygen. NASA has called it "the most important plant in the world."

To discover more about marine phytoplankton, [visit our blog](#).

## What does marine phytoplankton eat?

Marine phytoplankton is a microalgae, in other words, a plant. It doesn't "eat" per se. It is also different from plants that have vascular systems (i.e. roots) because it is single-celled.

Through photosynthesis, phytoplankton absorbs sunlight, which it stores in sugars it makes from CO<sub>2</sub> and water. The light energy is converted into usable chemical energy and oxygen.

# FAQs

## What is the best way to take Oceans Alive?

You can take Oceans Alive mixed into a beverage of your choice or, if you are a little more daring, you can put it directly under your tongue for rapid absorption. For five fun ways to make taking Oceans Alive more enjoyable, [we've got a fantastic guide to making Oceans Alive easier to take. Contact our friendly customer support team today for your copy of Five Delicious Ways to Make Oceans Alive Easier to Swallow.](#)

## How often should I take Oceans Alive and can I take too much at once?

Oceans Alive is a whole food. You can take it every day.

Can you take too much? Yes. You cannot overdose on Oceans Alive but there is a lot of magnesium in the trace mineral solution that keeps the phytoplankton fresh, so if you take too much at once you can expect to have very loose bowels the next day.

It's so concentrated you do not need to take much. One dropperful is all you need in a day, however, if you are going to have a highly active day or if you feel like you need a boost, you may want more.

## How much marine phytoplankton is in one dose of Oceans Alive?

Each dropperful contains 300 mg of raw marine phytoplankton.

# FAQs

## Is Oceans Alive safe for everyone?

### Do doses vary?

Oceans Alive is generally safe for everyone, though we never recommend products for children under 18 months or pregnant women. Speak to your or your child's healthcare provider if you are interested in taking Oceans Alive, but aren't sure if it is right for you.

Many customers have also reported great results when they give our products to pets, which is also perfectly safe and can be very beneficial to their health too.

The suggested serving is based on a 150 lb adult, so if you are concerned about dosage you can simply adjust the amount according to weight. Many of our customers choose to increase the amount that they use to see faster or better results, which is also fine. It is not possible to overdose on this product, though customers may experience some discomfort if they start off taking large doses. It is advised that you start with a small dose and work your way up to the recommended amount and beyond.

It is important to note that Oceans Alive is raw marine phytoplankton in a trace mineral solution. For some people, the quantity of magnesium in the mineral solution can take some getting used to. 'Superdosing', that is, taking two to five dropperfuls a day, is not recommended if you have not already been using the product without digestive upset.

Also, some people are concerned about the quantity of sodium in the trace mineral solution. This is a healthy source of sodium (which is a required element of human nutrition), but if you are on a sodium-restricted diet for medical reasons, you may want to speak with your healthcare provider before taking Oceans Alive.

## Will Oceans Alive help me lose weight?

Oceans Alive is not a replacement for a healthy diet, although it does nourish your body at the cellular level. Burning more calories than you eat is what allows you to eliminate fat. Exercise also builds muscle, which weighs more than fat, so we don't necessarily focus on weight loss, but rather fat loss and muscle building through exercise.

That being said, Oceans Alive is a smart addition to any weight loss plan because it nourishes your cells for optimum potential by giving them healthy micronutrients. It'll improve every aspect of your health at the cellular level, which is essential to obtaining (and maintaining) a healthy body weight.

The nutrient density of this superfood means an astonishing amount of bioavailable nutrition in an incredibly small number of calories.

The energy increase you get from Oceans Alive may make it easier for you to commit to increased activity levels, which can make it even easier for you to achieve your fitness goals.

# FAQs

## Will Oceans Alive help to increase muscle mass?

Amino acids are utilized by the body during any form of exercise. Oceans Alive contains the full spectrum of essential amino acids, also known as complete protein, but resistance exercise is what builds muscle mass.

## Is Oceans Alive safe for consumption during pregnancy?

While Oceans Alive is a natural product that contains no additives, we cannot recommend that you use it during pregnancy without consulting your doctor or midwife. If you are interested in taking Oceans Alive or any other supplement and are pregnant, we urge you to speak with your primary healthcare provider.

## How should I store my Oceans Alive?

Oceans Alive will remain fresh and potent when stored properly — at room temperature, out of direct sunlight. The shelf-life of Oceans Alive is three years.

## How do I know the bottle of Oceans Alive I receive in the mail is fresh and unopened?

The bottle itself is a hi-tech design from Germany. The dropper has a small plastic ring that is connected to the dropper itself. When you open it for the first time you will hear a small crack as the ring releases, it will then drop and sit on the neck of the bottle.



# OCEANS ALIVE SUCCESS STORIES

## **Beverly W. has experienced a sharper mind, better skin, a better immune system and more with Oceans Alive...**

“Since discovering Marine Phytoplankton about three months ago I can honestly say I have never felt better, my energy levels are through the roof, I don’t ‘catch every bug going’ anymore & I am impressively mentally astute. It has completely changed my life, my outlook and my prospects. My health has improved dramatically, but added bonuses are that my skin looks amazing, I feel and look so much younger, my prominent facial mole has faded as have a few liver spots, my eyesight has improved and the list goes on & on.

My advice to anyone would be... whatever ails you, give this a go – it certainly can’t do you any harm. It is simply the finest bio-available nutrition at a cellular level which is basically giving your body the ultimate tool kit with which to fix itself. Job done!”

## **Jonathan has noticed better skin and more energy with Oceans Alive...**

“I’ve been singing the praises of this product since I first tried it two months (or so) ago. I’ve received compliments on my skin, people have commented on how young I look, I’ve noticed an incomparable alertness and cognitive sharpness, and a well of energy that’s made the afternoon coffee unnecessary.”

## **Cristina W. has been keeping her immune system strong, thanks to Oceans Alive...**

“I have been taking Ocean’s Alive every day for just over one year now. I put 15/20 drops into my grapefruit juice every morning and I have never felt healthier! I work long hours with new people everyday and these environments would wreak havoc on my immune system. Now I can’t even remember the last time I had a cold while supplementing with Ocean’s Alive. Thank you! I am checking out the black cumin oil now, and my have to add this to my routine. Seems like a great product.”

## **Want more?**

These are just a few of our Oceans Alive success stories. Want to hear more? Visit our [website](#).



# THANK YOU!

**We would like to thank you, once again, for not only investing in Oceans Alive, but for investing in your long-term health.**

We are excited for you to add Oceans Alive to your daily routine and start enjoying the improved quality of life that so many of our customers have already experienced.

**You'll notice a boost in energy, a strong immune system, a clearer mind and even better skin.** These are just a few of the positive changes Oceans Alive can bring to your body.

If you have any further questions about Oceans Alive, please don't hesitate to reach out to our customer loyalty team.

**Questions? Call Us.**  
1-866-271-7595



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