+++ SUPPLEMENTS TO AVOID +++

Consider keeping this important information sheet on your refrigerator or in some other prominent place in order to remind you not to take anything that may interfere with the Cantron 'Wellness' Program.

NEVER TAKE COENZYME Q10 WITH CANTRON

Many of the compounds in Cantron are ortho-quinones. CoQ_{10} is a para-quinone which may counter Cantron's beneficial effect on cellular respiration.

HIGH DOSES OF VITAMINS C, E AND THE MINERAL SELENIUM SHOULD NOT BE TAKEN

These substances also interfere with Cantron's beneficial effect on cellular respiration. Small amounts of these substances contained in multi-vitamins may not conflict but to be on the safe side it is best to obtain these nutrients only through food sources.

Persons who have been taking these prohibited substances for their anti-oxidant properties should be happy to know that the Cantron Wellness Program contains many anti-oxidants which are much more potent than those you will be giving up (refer to our 'Cantron Total Wellness Program'). Cantron, itself is a powerful anti-oxidant.

PROCEED WITH CAUTION REGARDING HERBAL FORMULATIONS

Thousands of herbs are reported to be beneficial to a state of 'Wellness' such as Cat's Claw, Essiac Tea, etc., however, there is no way to know whether these herbs will conflict with the bio-electrical nature of the Cantron Electrolyte Formula. We simply cannot research and study the chemistry of all the herbs which are available throughout the world. Therefore, we advise that you do not take any other herbs or supplements that are not listed in the 'Cantron Total Wellness Program' which is a comprehensive program that includes several synergistic herbal formulas as well as other supplements.

SHAKE WELL BEFORE USING

It is important to shake the bottle of Cantron well in order to help dissolve some of the important active ingredients, particularly tetrahydroxyquinone, which tends to settle on the bottom.

TAKE YOUR CANTRON DOSES ON TIME

Make sure you do not go more than 6 hours without a dose. If you sleep more than 6 hours, wake up to take your morning dose, then go back to sleep.

KEEP CANTRON AWAY FROM ELECTRICAL OUTLETS AND APPLIANCES

As a precaution, because of its sensitive bio-electrical nature do not keep Cantron in the refrigerator, near outlets or appliances which generate electricity.