

H2Go® Quick Reference Card

LANE LABS
PLATINUM LINE


What is irregularity?

Irregularity describes infrequent bowel movements (less than once a day). Typically the stool is hard and difficult to pass, and may be accompanied by bloating and discomfort.

How often should I have a bowel movement for good health?



Integrative medical doctors generally recommend at least one bowel movement per day. Daily bowel movements are important because the colon collects the body's toxic waste.

How can I reduce my risk of constipation?

Lifestyle tips include drinking at least 8 glasses of water per day, increasing the fiber in your diet, and exercising daily. Also, try to establish a healthy pattern by eliminating at the same time everyday.

What is H2Go?

Popular in Japan for years, H2Go is a patented, natural regularity supplement, unlike any other. Taken daily, H2Go helps keep you regular without the bulk of fiber or the discomfort of herbal colon products.

How does H2Go work?

H2Go contains a patented form of magnesium oxide, called Active Magnesia™. The Active Magnesia in H2Go attracts large amounts of water to the colon, softening stools to allow comfortable, daily elimination.



H2Go works like a giant sponge, drawing water to the colon.

What do satisfied H2Go users have to say?

"I've tried all the popular regularity products. [H2Go is] a totally different concept."

— Michael Francis

"NOTHING compares with H2Go for balanced, normal, well formed daily bowel movements. From day one, the product works 100% as your advertisement represents..."*

— William Wakeman
The Healing Center, Marietta GA

"H2Go continues to be our first choice. (With H2Go my) patients report less stress and more energy. Some simply look better..."*

— Dr. Judith Volpe, MD

L-QRCH2GOI 1006 ©2006

H2Go®
Quick Reference Card

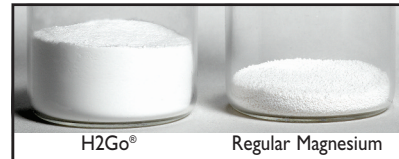
These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

H2Go® Quick Reference Card

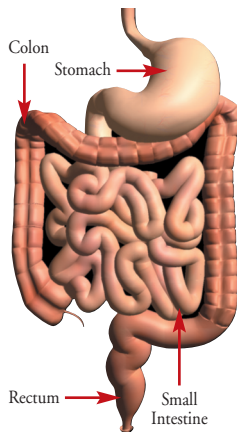
LANELABS
PLATINUM LINE

Why is H2Go's "Active Magnesia" better than other magnesium/magnesia products?

The patented magnesium oxide in H2Go has up to four times the surface area of ordinary magnesium. The increased surface area of H2Go draws water into the colon like a sponge. Much higher levels of ordinary magnesium would be needed to achieve comparable results.



Both samples weigh the same, but H2Go has up to four times the surface area of ordinary magnesium. More surface area means more water to the colon for easy, natural elimination.



How does H2Go compare to other herbal, stimulant and fiber colon products?

Herbal colon products typically work by irritating the colon, causing the bowel to rid itself of irritation. Over time, the irritation must increase for the colon to move. Other colon products, on the other hand, artificially trigger a bowel movement. Herbal or other colon products do not address the underlying need for water in the colon to soften stools. H2Go does.

Fiber products also bring water to the colon but may cause bloating, nausea and gassiness; they may also be difficult to swallow. H2Go tablets are very small and well tolerated.

Is H2Go safe?

Yes. H2Go is effective and gentle. No adverse side effects have been reported.

What are other benefits of H2Go?

Besides helping to maintain daily regularity, H2Go can be used for overnight relief and to detoxify the colon.

What is the recommended intake?

For Daily Regularity: Take 6 tablets with water before bed for the first 3 days. Reduce intake by 1 tablet each day, until you reach your personal comfort level.

For Colon Cleanse: Take 6 tablets with water before bed for 7 consecutive days.

LANELABS
The Innovative Company
Waldwick, NJ 07463
1-800-526-3005
www.lanelabs.com

L-QRCH2GO1 1006 ©2006

H2Go®
Quick Reference Card

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.