



# Blessed Earth

Therapeutic-Grade

## Bentonite Clay Bath

USP-NF Premium Sodium Bentonite Clay Powder

*Pulls pollutants into the tub  
and absorbs them like a sponge!*

Powerful Detox Support

Safe and Effective

Easy Clean-Up



NET WT. 64 oz (4 lbs) (1.81 kg)

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## Bentonite Clay Bath



### INSTRUCTIONS FOR TUB USE

- 1) Measure out ½ - 2 cups of dry clay powder, and put aside.
- 2) Secure tub stopper and begin running hot bath water. As water is running, sprinkle the dry clay powder over the surface of the water near the water spout. Using a non-metal stirring utensil, thoroughly mix the clay into the water.
- 3) For best results and to avoid any clumping, allow the clay to hydrate for 5-10 minutes before getting in the tub.
- 4) Add more hot water if necessary and stir again to break up any remaining clumps. Temperature of the bath water should be comfortably warm, but not too hot (100-102 Degrees F).
- 5) Carefully get into the tub, as the clay may be slippery, and submerge as much of your body as possible for 10 – 20 minutes. Start with less clay and less time for the first couple of baths, increasing the amount of clay and/or time in tub with subsequent baths, as desired.
- 6) After bath, no need to rinse off, just dry and moisturize, if desired.
- 7) Drink plenty of water, or an electrolyte drink after bath.
- 8) Clay baths may be taken 1-3 times per week.

**WARNING - Possible Reactions To Clay Baths**  
Use of clay bath can result in detox reactions such as fatigue, nausea, skin rashes, or vomiting (rare). If any of these symptoms occur, remove yourself from tub immediately. Symptoms should pass within half an hour.

**Ingredients:** 100% USP-NF purified sodium bentonite clay selectively mined from the mountains of Wyoming, USA with no added fillers, blinders, emulsifiers, or ANY chemicals.



Manufactured and Distributed in the USA by:  
Evenbetternow, LLC  
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### IN A CLASS OF ITS OWN!

- Highest cation exchange capacity (89-107 meq) of any bathing clay on the market; for maximum pulling power of environmental pollutants and contaminants from the body through the pores of the skin.
- Smallest particle size which equals the highest absorption of impurities (up to 15 times), when hydrated.
- Gentle, fast and effective detox support, without having to process impurities through the internal organs of elimination.
- Non-clumping clay, when used as directed.
- Purified clay which is guaranteed to be free of bacteria, yeast and molds.
- Disperses easily in water due to its small particle size.
- No special mixing equipment or drain guard required.
- Easy clean up and won't stain the tub.
- Safe for septic systems if clay is lump-free when draining.

### CAUTIONS

- Read instructions prior to use
- Do not inhale clay dust directly. Use of a dust mask is recommended when measuring and stirring the clay.
- Do not use in jacuzzis, hot tubs, or jetted spa tubs.
- Store unused clay out of reach of children.
- Clay baths may be slippery. Use caution when entering or exiting the tub.
- Not recommended for those who are pregnant or nursing.
- This product is intended for EXTERNAL USE ONLY. However, if clay water is accidentally ingested, it is not dangerous.

**WARNING:** This product can expose you to chemicals including Crystalline Silica, which is known by the state of CA to cause cancer and/or birth defects or other reproductive harm. For more information go to [www.p65warnings.ca.gov](http://www.p65warnings.ca.gov).

Explanation of Prop 65:  
Clay contains quartz (crystalline silica) which when inhaled from occupational sources, can cause lung cancer in humans. Prolonged inhalation of clay dust may be harmful. Use of a dust mask is recommended.