

## Q & A

dients are pure, natural and nontoxic. However, it is recommended that pregnant women and children do not exceed 4 capsules per 24 hours because of the high ginger content. Many people tell us that after taking Land, Sea & Air™ 30 - 45 minutes before their travel begins they do not need any additional doses. Land, Sea & Air™ ingredients are designed to work effectively so that often only one dose is necessary.

### **Is Land, Sea & Air™ easy to take?**

Yes, Land, Sea & Air™ capsules are very easy to take. They are small enough for most people to swallow without difficulty, and can easily be pulled apart and the contents added to a little water for those who cannot swallow them whole. As with any supplement, do not give whole capsules to young children. Land, Sea & Air™ offers the added convenience that everyone old enough to take supplements can use the same product (some people have even reported success giving it to their dogs). Adults usually need no more than 2 capsules at a time. We intentionally packaged the capsules in a compact container that easily fits in a pocket, purse, tote bag, ditty bag, glove compartment or any little nook and cranny. The convenient design of the bottle neck allows it to be tied to a person, bag or stationary part of a boat to prevent it from being lost.

### **Are there any special precautions needed in storing Land, Sea & Air™?**

Land, Sea & Air™ should be stored away from direct sunlight, preferably at temperatures not exceeding 85°F. Do not place near strong smelling substances such as menthol, mint, bleach, witch hazel, gas or perfume because these substances can adversely affect homeopaths.

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**Tell us how Land, Sea & Air™ has helped you!**

**[www.adrenalfatigue.co.nz](http://www.adrenalfatigue.co.nz)**

**All Future Formulations products are unconditionally guaranteed**

These products are not intended to diagnose, treat, cure or prevent any disease. The information provided is not a substitute for professional medical opinion. It is provided for informational and educational purposes only.

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## Land, Sea & Air™

*Natural Aid to Motion Comfort*

**Formulated By  
Dr. James L. Wilson**

*"I formulated Land, Sea & Air™ to provide effective, natural help without side effects to people who want to feel comfortable while riding in cars, boats and planes."*

*Dr. James Wilson*



