

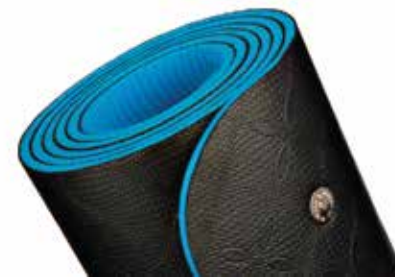
DR. MERCOLA®
HEALTHY HOME

GROUNDING FITNESS & YOGA & YOGA MAT



- 1 Unroll your **Grounded Fitness & Yoga Mat** and place the blue side directly on the floor. You should exercise on the black side with the connection tab facing up.
- 2 Snap the **Earthing Cord** onto the connection tab.
- 3 Insert the end of your **Earthing Cord** into the 3rd port of a grounded wall outlet. Please see the other side for instructions on testing your outlet to make sure it is grounded.
- 4 The **Grounded Fitness & Yoga Mat** can be used on any flat surface. The Earth's energy is transferred best when your bare skin is in contact with the Mat.

To clean, simply wipe down the Mat using water or a mild soap. The Mat is not machine washable.



The Grounded Fitness & Yoga Mat has a snap connection tab. Use the included **EARTHING CORD** to easily connect the Mat to the third port of a grounded wall outlet.



50093-v100

Manufactured for:
Mercola Health Resources, LLC.
3200 W. Higgins Road
Hoffman Estates, IL 60169 USA
(847) 252-4355

GROUNDING FITNESS & YOGA MAT



Experience the Earth's natural energy while working out, stretching, doing yoga, or meditating.

**FREE OF PVC and LATEX
ANTI-SKID and ODORLESS**

GET CONNECTED TO THE EARTH'S ENERGY!

Use the **MULTI-MAT ADAPTER** to connect additional Mats in-line with yours. Snap the Multi-Mat Adapter onto your Mat first, and then attach the Earthing Cord from the top of the Adapter to the grounded wall outlet. Next, plug another Earthing Cord into the open ground port on the Adapter, then snap the second cord onto the next Mat in-line. Repeat the process to add a third and fourth Mat. No more than four Mats should be connected in a chain to avoid losing the effectiveness of the Earth's energy.



TEST YOUR OUTLET

In order to use your Grounded Fitness & Yoga Mat, you must connect it to the "ground port" of a grounded 3 prong outlet. Before plugging in the Mat, you must check that the outlet is grounded by plugging in the included Outlet Checker.

TWO AMBER LIGHTS illuminated is GOOD and means that you have a proper ground. You are ready to connect your Mat.

Other light combinations mean your outlet is NOT properly grounded. Try testing another outlet.