

PRODUCT INFORMATION:

Five vegetarian capsules typically provide: %NRV*

Alka Clear powder providing:	3490mg	
Potassium	789.8mg	39
as bicarbonate 2025mg		
Sodium	364.5mg	
as bicarbonate 1350mg		

*NRV = Nutrient Reference Value

INGREDIENTS:

Potassium bicarbonate, sodium bicarbonate, capsule: hydroxypropyl methylcellulose*; magnesium carbonate, anti-caking agents: magnesium stearate*, silicon dioxide.* (vegetarian source)

WARNING:

Consult your health professional if you have high blood pressure, fluid retention or a kidney disorder.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, soya, starch, sugar, wheat, yeast.

Suitable for vegetarians and vegans.

This product is not tested on animals.



higher nature.



ALKA CLEAR NATURAL ALKALINITY

ULTIMATE NUTRITION

FOOD SUPPLEMENT

180
capsules

ALKA CLEAR

DIRECTIONS:

Take 5-6 capsules with a glass of water on rising in the morning ideally, or between meals, or as your health professional advises. Do not take more than 24 capsules a day. Do not exceed recommended daily intake. Avoid eating within half an hour of taking. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

TO CHECK YOUR pH:

- Use test papers provided, every other day.
- Test your evening urine.
- Compare the colour against the chart inside the cover of test strip book.
- Normal evening urine pH is between 7.5-8.0.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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