

PRODUCT INFORMATION:

One rounded teaspoon (6.1g) typically provides:		
Magnesium	58mg	%NRV* 16
(as carbonate 200mg)		
Sodium	626.4mg	
(as bicarbonate 2320mg)		
Potassium	1357.2mg	68
(as bicarbonate 3480mg)		
*NRV = Nutrient Reference Value		

INGREDIENTS: Potassium bicarbonate, sodium bicarbonate, magnesium carbonate.

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

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

This product has not been tested on animals.

HIGHER
NATURE®
BODY HEALTH

ALKA CLEAR
DRINK
Natural alkalinity



250g powder
vegetarian and vegan

ALKA CLEAR
FOOD SUPPLEMENT - 250g

DIRECTIONS: Shake well before use. Stir 1 rounded teaspoon into a glass of water first thing in the morning ideally, or between meals. Do not take more than 3 teaspoons 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 place out of reach of children.

Higher Nature Ltd, 10 Discovery Way,
Horam, East Sussex TN21 0GE, UK
highernature.com

