

PRODUCT INFORMATION:

Five capsules typically provide:

Alka Clear powder	3490mg	%NRV*
providing:		
Potassium	791mg	40
(as bicarbonate 2025mg)		
Sodium	369.5mg	
(as bicarbonate 1350mg)		

*NRV = Nutrient Reference Value

INGREDIENTS: Potassium bicarbonate, sodium bicarbonate, capsule: hydroxypropyl methylcellulose; magnesium carbonate, anti-caking agents: magnesium stearate, silicon dioxide.

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
Natural alkalinity



180 capsules
vegetarian and vegan

ALKA CLEAR
FOOD SUPPLEMENT - 180 CAPSULES

DIRECTIONS: Take 5-6 capsules with a glass of water first thing in the morning ideally, or between meals. 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 place out of reach of children.

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