

PRODUCT INFORMATION

Five vegetarian capsules typically provide:		%RDA*
Alka-Clear™ powder	3490mg	
providing:		
Magnesium		
(as carbonate 115mg)	33.3mg	8.9
Sodium		
(as bicarbonate 1350mg)	364.5mg	
Potassium		
(as bicarbonate 2025mg)	789.8mg	
*RDA = Recommended Daily Allowance (new 2009 value)		

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

ALKA-CLEAR™ is not contraindicated for people on a low sodium diet as it is potassium-balanced and will not disturb the sodium/potassium balance of the body, but people on such diets should consult their doctor before taking **ALKA-CLEAR™**

DOES NOT CONTAIN: sugar, salt, starch, soya, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

ALKA-CLEAR™

**natural pH balancer
for digestion & the whole body
with 20 pH test strips
(inside bottle)**

**180 capsules
VEGETARIAN
FOOD SUPPLEMENT**

ALKA-CLEAR™ 180 capsules
natural pH balancer

ACC180
110

DIRECTIONS: Take 5-6 capsules with a glass of water, or as your health professional advises. Do not take more than 24 capsules in 24 hours. **ALKA-CLEAR™** is best taken on rising in the morning, but can also be taken between meals. Do not exceed recommended daily intake.

Avoid eating within half an hour after taking **ALKA-CLEAR™**. To alkalisate after eating a large meal, or over-indulgence, wait one hour, or one and a half hours if you have eaten meat. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

TO CHECK YOUR pH

- Use the test papers provided, every other day.
- Touch a pH strip to your evening urine stream.
- Compare the colour against the chart provided inside the front cover of the test strip book.
- A healthy urinary pH is between 7.5-8.0 in the evening.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.



HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK



ACC-002-01