### PRODUCT INFORMATION

Five vegetarian capsules typically provide:
Alka-Clear powder

Alka-Clear powder 3490mg providing:

Magnesium (as carbonate 115mg) 33.3mg

Sodium (as bicarbonate 1350mg) 364.5mg

Potassium
(as bicarbonate 2025mg) 789.8mg

\*RDA = Recommended Daily Allowance

INGREDIENTS: Potassium bicarbonate, sodium bicarbonate, capsule: hydroxypropyl methylcellulose (carrageenan)\*; magnesium carbonate, anti-caking agents: magnesium stearate\*, 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

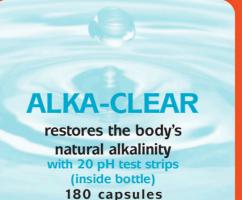
**DOES NOT CONTAIN:** sugar, starch, soya, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

# HIGHER NATURE®



VEGETARIAN

FOOD SUPPLEMENT

## **ALKA-CLEAR**

## 180 capsules

ACC 180

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.

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.
- Apply a pH strip to your evening urine.
  Compare the colour against the chart provided
- inside the front cover of the test strip book.Normal urine 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.





ACC-002-02

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