

PRODUCT INFORMATION

Five vegetarian capsules typically provide:

Alka-Clear powder providing:	3490mg
Potassium (as bicarbonate 2025mg)	789.8mg
Magnesium (as carbonate 115mg)	33.3mg
Sodium (as bicarbonate 1350mg)	364.5mg

*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.

HIGHER NATURE®

ALKA-CLEAR

restores the body's
natural alkalinity
with 20 pH test strips
(inside bottle)

180 capsules

VEGAN

FOOD SUPPLEMENT

ALKA-CLEAR

180 capsules

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.

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