

PRODUCT INFORMATION

One rounded teaspoon (6g) typically provides:		%RDA*
Magnesium		
(as carbonate 0.20g)	58mg	16
Sodium		
(as bicarbonate 2.32g)	626.4mg	
Potassium		
(as bicarbonate 3.48g)	1357.2mg	
*RDA = Recommended Daily Allowance (new 2009 value)		

INGREDIENTS: potassium bicarbonate, sodium bicarbonate, magnesium carbonate.

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.

Hypo-allergenic formula.

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

ALKA-CLEAR™ POWDER

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

**250g powder
VEGETARIAN
FOOD SUPPLEMENT**

ALKA-CLEAR™ 250g powder
natural pH balancer

ACP250

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DIRECTIONS: Shake well before using. Stir 1 rounded teaspoonful of **ALKA-CLEAR™** into a glass of water, or as your health professional advises. Do not take more than 3 rounded teaspoonfuls a day.

Take a full glass on rising in the morning, or make up a glass and sip throughout the day.
Do not exceed recommended daily intake.

Avoid eating within half an hour after taking **ALKA-CLEAR™**. To alkalise 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.



ACP-003-02



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