PRODUCT INFORMATION

One rounded teaspoon (6.1g) 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

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

restores the body's natural alkalinity

with 20 pH test strips (inside jar)

250g powder

VEGAN

FOOD SUPPLEMENT

ALKA-CLEAR 250g powder

ACP250

110

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 **ALKACLEAR**.

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, on 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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ACP-003-02

Jar 1 PET Lid 5 PP

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