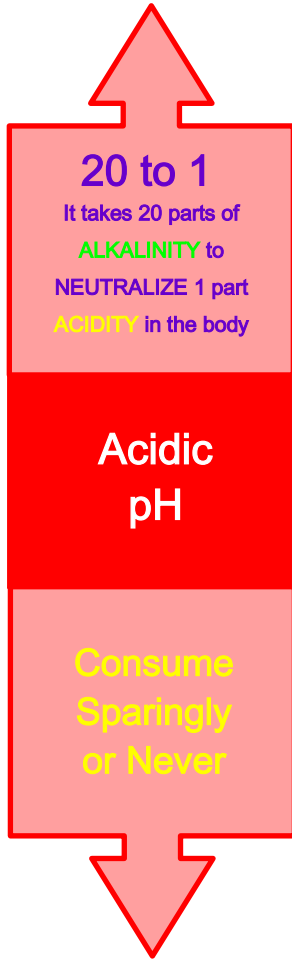
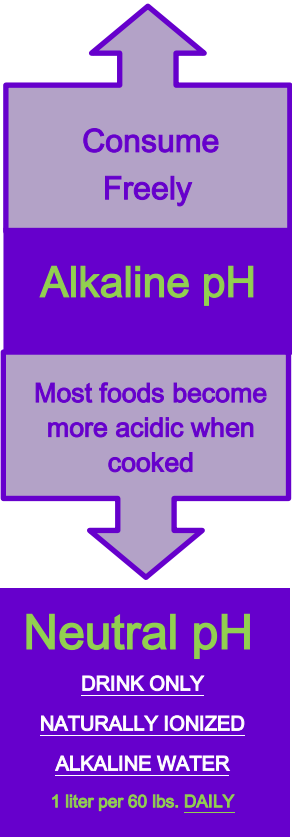




DRINK NATURALLY IONIZED ALKALINE WATER FOR OPTIMUM HEALTH!



pH 10.0 1,000 X more Alkaline	Naturally Ionized High Alkaline Water	Black Radish Broccoli (raw)	Cucumber, Dandelion Kale, Onions (raw)	Seaweeds Soy Lecithin (pure)
	Alfalfa Grass, Artichokes Asparagus (raw) Barley Grass	Cauliflower, Celery (raw) Chia Sprouts Collard Greens	Lemons & Limes Red Cabbage Rhubarb Stalks	Soy Sprouts Spinach (raw) Wheat Grass

pH 9.0 100 X more Alkaline	Avocados Alfalfa sprouts Beet Greens Borage Oil Cayenne Pepper	Dog/Shave Grass Garlic or Chives Green Beans Green Tea Eggplant (raw)	French Beans Lemon Grass Lettuce (most) Parsley, Cilantro Peas (raw)	Red Beets Red Radish Straw Grass Tomato (raw) Zucchini (raw)
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pH 8.0 10 X more Alkaline	Almonds (raw) Asparagus (cooked) Bell Peppers Broccoli (cooked) Brussels Sprouts	Chicory, Coconut Water Eggplant (cooked) Endive, Flax Seed Oil Grapefruit (sour) Green Cabbage	Lamb's Lettuce Lima, Navy Beans Olives Peas (cooked) Quinoa, Millet	Soy Beans (fresh) Spinach (cooked) Watercress White Radish Wild Rice
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pH 7.0	MOST TAP WATER Municipalities adjust tap water to be +/- 7.3 by using Chlorine to keep the pH high enough to eliminate any bacterial growth etc. <i>HUMAN BLOOD pH is 7.365</i>		Barley (sprouted) Breads, Coconut & Oil Fennel Seeds Goat Milk (raw) Leeks (bulbs)	Marine Lipids Olive & Primrose Oils Pumpkin Seeds Sesame Seeds Sunflower Seeds
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pH 6.0 10 X more Acidic	Bananas, Blueberries Brazil Nuts Brown Rice Cantaloupe, Cherries Coconut, Dates	Fish (fresh water) Grapes Hazelnuts Lentils, Macadamias Mango, Oranges	Papaya, Peaches Pineapple, Plums Raspberries Spelt, Soy Flour Stevia & Agave	Strawberries Walnuts Watermelon Wheat Wheat Kernels
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Most Bottled Water

pH 5.0 100 X more Acidic	Beans (cooked) Butter-Corn Oil Bread, White & Rye Cashews, Cocoa Cheeses (soft)	Corn (cooked) Figs, Fruit Juice Honey Ketchup & Mayo Liver, Organ Meats	Milk & Cream Oysters Potatoes, Prunes Rice (white) Rose Hips	Soy Milk Sugar Sweet Potatoes Tomatoes (cooked) Whole Grain
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Reverse Osmosis Water, Distilled & Purified Water

Enhanced, Flavored, Sports & Vitamin Water

pH 4.0 1,000 X more Acidic	Beer & Wines Beet sugar Buttermilk Canned Fruit Cheeses (creamed)	Cheeses (hard) Chicken Chocolate Coffee Cranberries	Eggs Fish (ocean) Fruit Drinks Mustard Pastries	Peanuts Pistachios Tomato Sauce Turkey Sugar (white)
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Carbonated Beverages, Seltzer or Club Soda

pH 3.0 10,000 X more Acidic	Beef & Lamb Pork & Veal Soy Sauce Tea (black) Vinegar	Canned Foods Processed Foods Microwaved Foods Sodas, Carbonated Drinks Sweetened Fruit & Juices	Artificial Sweeteners (Sweet n' Low, Equal etc.) Chocolaty-Mocha-Frappuccinos Hard Liquor Stress, Worry & Lack of Sleep Tobacco Products (smoked or chewed)	
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