

BENEFITS OF ALKALINE WATER CONSUMPTION

For viewers not familiar with pH scales, pure acid is pH 0. Neutral (neither acid nor alkaline) is pH 7. Pure alkaline is pH 14.

pH 7 is **ten** times more alkaline than pH 6.

pH 8 is **100** times more alkaline than pH 6

pH 9 is **1,000** times more alkaline than pH 6

For a little perspective, a well known cola is pH 2.5, meaning it is over **10,000** times more acid than neutral tap water, and 100,000 times more acid than your blood (pH 7.4)

The Natarella Ionizers in the **IonLife** range produce **alkaline water** in the range of pH 7.5 up to pH 11, depending on the setting time you choose. The acidic water is not for drinking.

Low alkaline settings: First time drinkers, children, pets.

Medium alkaline settings: Experienced drinkers, tea, coffee, beverages, hangovers and jet lag rehydration

High alkaline Settings: Experienced drinkers, soups, casseroles, pasta. If detox symptoms are experienced as being too intense then reduce the level of alkaline pH.