

30 days Acid-Base Detox Plan

With this unique 30-day de-acidification plan you can help your body to neutralize acidic waste, excrete excess acids and replenish your mineral deposits. The plan comes with a detailed scheme that shows day by day how you can use, dose and combine the included Alka® products. You can start this plan at any time and adjust the period to suit your needs.



Things you should know before starting the de-acidifying detox plan

After you start with de-acidification, you may experience mild de-acidification symptoms such as tiredness, a slight headache, or a temporary increase in your current symptoms. This is a good sign and means that de-acidification has started. Your body is now busy dissolving and excreting the acidic waste that has accumulated over time. If you have any questions, please contact our customer service, who will be happy to assist you.

Acid-Base Detox Scheme:

Day	Alka® Tabs Original	Alka® Tea	Alka® Minerals
1	3 x 1 tablet	1 cup	2 x 2 capsules
2	3 x 1 tablet	1 cup	2 x 2 capsules
3	3 x 1 tablet	1 cup	2 x 2 capsules
4	3 x 1 tablet	1 cup	2 x 2 capsules
5	3 x 1 tablet	1 cup	2 x 2 capsules
6	3 x 1 tablet	1 cup	2 x 2 capsules
7	3 x 1 tablet	1 cup	2 x 2 capsules
8	3 x 1 tablet	1 cup	2 x 2 capsules
9	3 x 1 tablet	1 cup	2 x 2 capsules
10	3 x 1 tablet	1 cup	2 x 2 capsules
11	3 x 1 tablet	2 cups	2 x 2 capsules
12	3 x 1 tablet	2 cups	2 x 2 capsules
13	3 x 1 tablet	2 cups	2 x 2 capsules
14	3 x 1 tablet	2 cups	2 x 2 capsules
15	3 x 1 tablet	2 cups	2 x 2 capsules
16	3 x 1 tablet	2 cups	2 x 2 capsules
17	3 x 1 tablet	2 cups	2 x 2 capsules
18	3 x 1 tablet	2 cups	2 x 2 capsules
19	3 x 1 tablet	2 cups	2 x 2 capsules
20	3 x 1 tablet	2 cups	2 x 2 capsules
21	3 x 1 tablet	2 cups	2 x 2 capsules
22	3 x 1 tablet	2 cups	2 x 2 capsules
23	3 x 1 tablet	2 cups	2 x 2 capsules
24	3 x 1 tablet	2 cups	2 x 2 capsules
25	3 x 1 tablet	2 cups	2 x 2 capsules
26	3 x 1 tablet	2 cups	2 x 2 capsules
27	3 x 1 tablet	2 cups	2 x 2 capsules
28	3 x 1 tablet	2 cups	2 x 2 capsules
29	3 x 1 tablet	2 cups	2 x 2 capsules
30	3 x 1 tablet	2 cups	2 x 2 capsules
Total	90 tablets	50 cups	120 capsules

How to use your Alka® products?

Alka® Tabs Original

3 times a day 1 tablet. Take with (preferably) water just before, during or after a meal. Swallow the tablets in one piece, don not chew or brake them.



Alka® Tea

Put the tea filter in a cup and add 250ml of boiling water. Leave the filter in for 5 minutes to extract the herbs. You may also leave the filter in for longer time if you require a stronger infusion. Alka® Tea can be enjoyed at any time of the day.

• **Tip:** You can also prepare your Alka® Tea in a thermos, you can brew a tea bag with 500 ml of water or 2 tea bags with 1 L of water. In this way, the herbal tea stays nice and warm all day and the beneficial elements of the herbs are extracted intensively for an extra-long time.

Alka® Minerals

Swallow 2 capsules twice a day with plenty of liquid (preferably water). Consume just before, during or after a meal. You can take them at the same time as Alka® Tabs Original.



How should you eat during the plan?

During the de-acidification plan you can continue to eat as usual and you do not have to change your diet. What you should know, however, is that acidification in your body is caused, among other things, by a daily excess of acid-forming foods. Acid-forming foods leave acidic waste in our body. For a healthy acid-base balance, we recommend maintaining a ratio of 60 % alkaline and 40 % acid-forming foods. In combination with an active de-acidification, this ensures a healthy balance without you eating too one-sidedly.

Advice during the plan?

AlkaVitae is there for you. Our customer service team is happy to assist you during your use of the Acid-Base Detox Plan. For personal advice, you can contact our Alka® Health Line at the numbers below:

EU: +31 (0)40 30 400 17

UK: (020) 3514 0852

You can also send us a message using the contact form on our website : www.alka.eu or www.alkavitae.co.uk

De-acidification after the Detox Plan

After completing the 30-day plan, you can continue to use Alka® products. All Alka® products can be used separately or in combination with other Alka® products. So you are able to keep your acid-base balance healthy in a way that suits your situation and your lifestyle best.

Plan content:

- 1 x Alka® Tabs Original - 90 Tablets
- 1 x Alka® Tea - 50 filter bags of 2 gram
- 1 x Alka® Minerals - 120 capsules
- 1 x 30-day scheme

