

Alka[®] Acid-base balance



Maintaining a proper acid-base balance is essential for good health

ABOUT US

Alka® Acid-base balance

Alka is the acid-base specialist for everyone. Our loyal customers have various needs, such as feeling more vital, relieving symptoms, or improving their skin condition.

The strong Alka team consists of driven specialists. Together, we develop unique formulas based on the acid-base concept. The Danish chemist Johannes Nicolaus Brønsted and the British chemist Thomas Lowry described this concept's interesting workings in 1923. The acid-base concept is, therefore, certainly not a temporary trend.

Alka was founded in the Netherlands in 2008. Our products are now available internationally in pharmacies, drugstores, health stores, and health professionals.

The Alka® Assortment features a range of alkaline products designed to help you achieve three key steps:

1. Dissolving Acids (Step 1)
2. Draining Acids (Step 2)
3. Replenishing Nutrients (Step 3)

In addition to this effective step-by-step plan, we offer Alka® Specials: products with the most potent alkaline action, such as Spermidine.

For skin and scalp care, we provide multifunctional alkaline skin care.

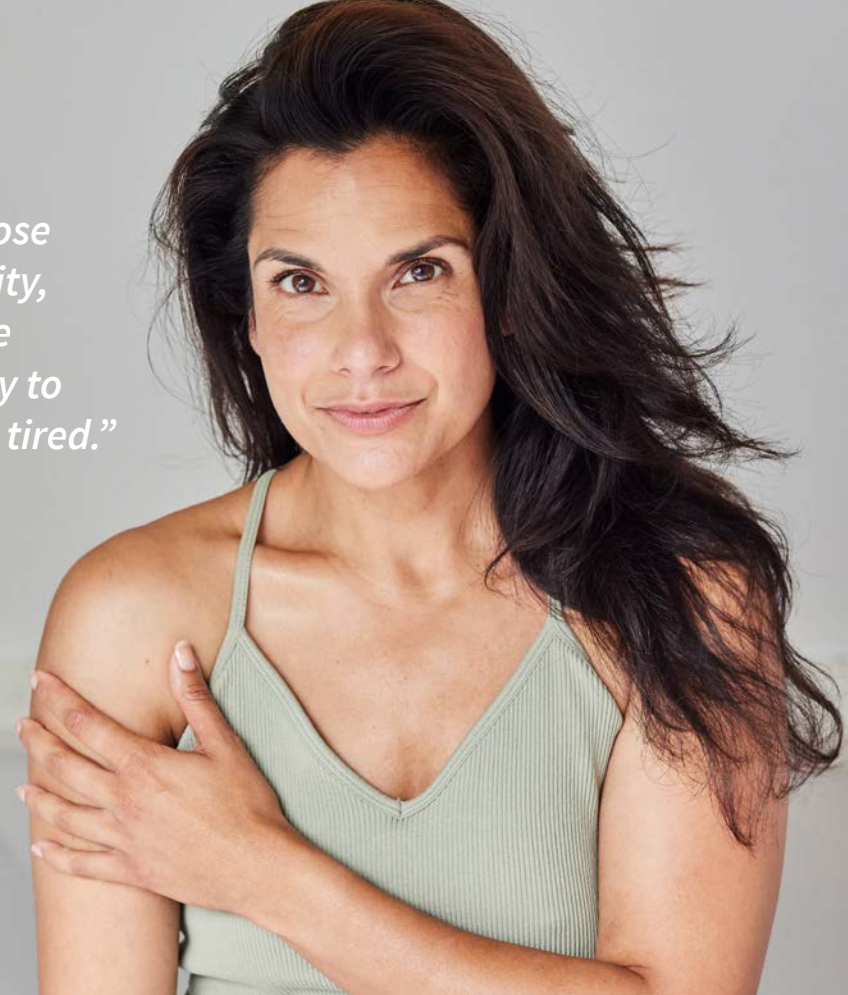
Each Alka product embodies the following properties: it has an alkaline formula, is high quality, and is suitable for multiple purposes.

Interested in finding the best alkaline product for you?

Our experienced Alka® Specialists are here to listen and provide personalized advice.

Have a alkaline day,
Team Alka

“Tissues lose their vitality, and you're more likely to feel stiff & tired.”



Acidification is aging

The body constantly produces acids due to diet, stress, and exercise. These acids are waste products of our metabolism, similar to the ashes left after a wood fire. They come in different forms, such as uric, lactic, fatty, and acetic acids.

Our modern lifestyle often leads to an accumulation of acids in the body. When the body's natural processes for eliminating these acids are insufficient, it begins to store them in tissues, organs, and joints.

This accumulation can also deplete the body's mineral supply, causing it to withdraw minerals from bones, hair, and nails.

As time passes, the body becomes unbalanced and more acidic, a process known as acidification. Alka® naturally supports the body in counteracting this acidification and helps restore the acid-base balance.

“In our society, it is impossible to avoid all acidifying factors.”

CAUSES OF ACIDIFICATION

Several factors contribute to the buildup of acidic waste in the body:

- 1. Food
In particular, animal proteins, sugars, trans fats, processed foods, alcohol, coffee, and soft drinks leave many residual acids.
- 2. Age
Sodium bicarbonate is one of the most important buffers for neutralizing acids. However, it rapidly declines after age 40.

- 3. Stress
Stress has a strong acidifying effect on the body. The body breaks down many cells in a stressful situation, releasing uric acids.
- 4. Excessive muscle strain
Excessive muscle strain leads to the production of lactic acid, which causes muscle pain.

- 5. Other Factors
 - o Smoking
 - o Medication Use
 - o Air Pollution

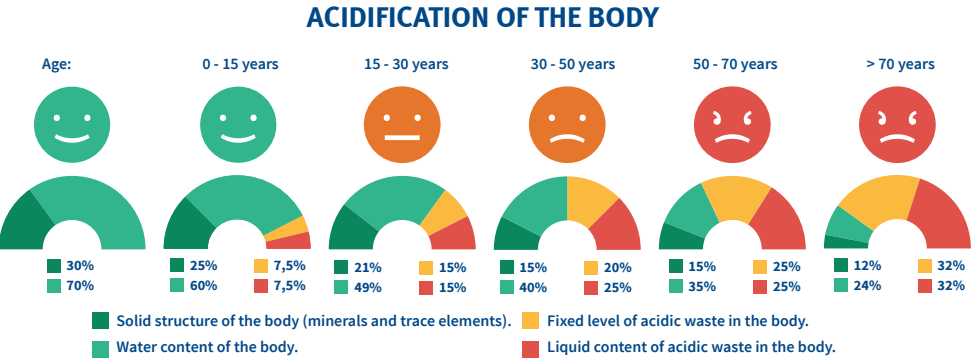
HOW DOES DE-ACIDIFICATION WORK?

De-acidification helps the body dissolve and eliminate built-up acids. The less acidic waste, the better the body functions. Alka® offers a wide range of alkaline products that naturally support acid-base balance.

Important: De-acidification consists of 3 easy steps, which you can apply separately or in combination, tailored to your needs. Individually, these steps also provide valuable daily support.



You strengthen and accelerate the process by starting to dissolve acids (step 1) while simultaneously draining acids (step 2). In addition, it may be advisable to replenish nutrients (step 3) for optimal body support.



Alka® Greens are alkaline food extracts that contain more than 31 vital nutrients, including vegetables, fruits, algae, fiber, lactic acid bacteria, and enzymes.

Alka® Minerals
Mineral deficiency often accompanies acidification because the body uses alkaline minerals to dissolve acids. When deficient, these minerals are extracted from bones, hair, and nails. Therefore, in addition to step 1, starting immediately with alkaline minerals may be wise.

Alkaline skin care
The skin is often referred to as "the third kidney" because it helps excrete acidic waste products. Although you might not realize it, overly acidic skin can hinder cell renewal. Alka® offers a complete range of alkaline care products for healthy, radiant skin.

Alka® Specials
Want an extra boost? Alka® offers specialized products for targeted support:

Alka® Spermidine Forte
Protects the cells¹ and is good for the memory.¹

NOTE: ALKALINE VERSUS ACIDIFYING
In our society, it is impossible to avoid all acidifying factors. Moreover, it is often difficult to get enough alkaline nutrients from fruits and vegetables.

Therefore, it is essential to support your body in de-acidification actively. Regarding nutrition, a ratio of 1:3 (acid/base) is a good guideline, provided you also take alkaline supplements.

To maintain a good balance without supplements, you must consume a 1:5 ratio of acidic to alkaline foods. However, this is not sustainable in the long term, as eventually, you will run out of essential nutrients. Therefore, it is definitely not recommended!

ACID-BASE SPECIALIST
Alka® offers a wide range of alkaline products. These products were specially developed to support the body in restoring acid-base balance.

Why choose Alka®?

- Formulas based on scientific research
- Only top-quality ingredients
- Safe and easy to use
- Suitable for daily use

Explore the Alka® range and start supporting your acid-base balance today!

[1] DiNicolantonio, J. J., & O’Keefe, J. (2021). Low-grade metabolic acidosis as a driver of chronic disease. *Open Heart*, 8(2), e001730.

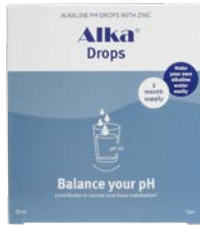
[2] Whang, S. (2012). Jonger door ontzuren. *WP Health Products*.

[3] Carnauba, R. A., et al. (2017). Diet-induced low-grade metabolic acidosis and clinical outcomes: a review. *Nutrients*, 9(6), 538.

¹zink

Alka® Range

DISSOLVING ACIDS (STEP 1)



Alka® Drops
Available in:
55 ml



Alka® pH-Caps Original
Available in:
60 v-capsules



Alka® pH-Caps Calcium
Available in:
60 v-capsules



Alka® pH-Caps Magnesium
Available in:
60 v-capsules

SPECIALS



Alka® Spermidine
Available in:
60 v-capsules

DRAINING ACIDS (STEP 2)



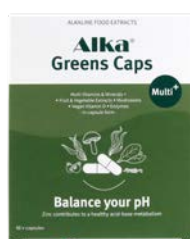
Alka® Tea
Available in:
48 filters & 96 filters



REPLENISHING NUTRIENTS (STEP 3)



Alka® Greens - Multi+
Available in:
10 sachets & 30 sachets



Alka® Greens Caps - Multi+
Available in:
60 v-capsules



Alka® Minerals
Available in:
60 v-capsules

ALKALINE SKINCARE



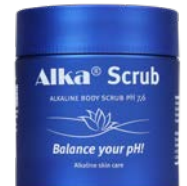
Alka® Mineral salt
Available in:
600 g - 1200 g



Alka® Shampoo
Available in:
200 ml



Alka® Crème
Available in:
airtight bottle:
50 ml & 150 ml



Alka® Scrub
Available in:
250 g



Alka® Deo
Available in:
30 ml & 75 ml

- Original
- 0% Parfum (hypoallergenic)
- Flower Blossom
- Fresh Cotton
- Into the Woods

Alka® Drops



Create alkaline water in a drop

Shake the Alka® Drops bottle and add 4 drops to a glass of water. The pH of the water will **immediately become more alkaline.**

Easy and quick.

Alkaline water supports the body's acid-base balance¹. It briefly changes the pH of your stomach, causing your body to produce extra bicarbonate. This alkaline substance neutralizes acidic waste products through the bloodstream.

When acidic waste accumulates in and around your tissues and organs, you are doing your body a big favor by cleaning them up. **Every glass of alkaline water contributes to that!**

- ✓ **Contributes to a healthy acid-base balance¹**
- ✓ **Boosts the immune system¹**
- ✓ **Supports strong bones¹**
- ✓ **Beneficial for your hair and nails¹**
- ✓ **To maintain healthy skin¹**
- ✓ **Economical: 4 glasses per day with 4 drops, suitable for over 3 months**

¹zinc

Alka® BasenCaps



Increase your bicarbonate buffers!

Do you find it easier to dissolve or neutralize acidic waste using alkaline capsules rather than alkaline water? Or do you prefer to combine both for added support?

You can achieve this with the daily intake of BasenCaps. These capsules enhance the bicarbonate buffers in your body, helping to dissolve old acidic waste and prevent new acids from accumulating. The capsules dissolve only in the intestines, allowing the bicarbonates to work effectively.

Choose the option that suits you best.

BasenCaps Original

Capsules resistant to stomach acid contain potassium bicarbonate, sodium bicarbonate, and zinc **to promote a healthy acid-base balance.**

BasenCaps Calcium

Double support in 1 capsule: Provides **additional calcium.** Contains zinc to support a healthy acid-base balance.

BasenCaps Magnesium

Double support in 1 capsule: Provides **additional magnesium.** Contains zinc to support a healthy acid-base balance.

Alka® Tea



Content: 48 & 96 filters

Delicious alkaline herbal tea, rich in antioxidants, supporting your overall health

Do you drink soda, coffee, or pre-packaged juices daily? You're not the only one.

But did you know that these beverages create acidic waste and contribute to higher sugar and calorie intake? They often take more from your body than they provide.

Alka® Tea, on the other hand, has a different effect. It contains **52 carefully selected alkaline herbs** that help counterbalance acidic waste.

Additionally, it's packed with antioxidants that combat free radicals, protecting your cells and tissues.

- ✓ Well-balanced selection of 52 herbs
- ✓ Alkaline, tasty and 100% natural
- ✓ For daily and long-term use
- ✓ Free from microplastics
- ✓ Fresh and mild herbal taste
- ✓ Free of caffeine and tannic acid
- ✓ Exceptionally high in antioxidants¹

¹ORAC-waarde is officially determined by an independent laboratory

Alka® Tea: 52 herbs



Agrimonia eupatoria



Pimpinella anisum



Satureja hortensis



Rubus fruticosus



Urtica dioica



Citrus x limon



Citrus x limon



Anethum graveolens



Artemisia dracunculus



Viola tricolor



Achillea millefolium



Eucalyptus



Trigonella foenum-graecum



Rubus idaeus



Zingiber officinale



Calendula officinalis



Camellia sinensis



Althaea officinalis



Equisetum arvense



Hibiscus sabdariffa



Verbena bonariensis



Matricaria chamomilla



Cinnamomum zeylanicum



Carum carvi



Allium sativum



Coriandrum sativum



Eugenia caryophyllata



Petroselinum crispum



Curcuma longa



Elymus repens



Levisticum officinale



Lavandula angustifolia



Tilia platyphyllos



Pulmonaria officinalis



Veronica officinalis



Ilex paraguariensis



Melissa officinalis



Filipendula ulmaria



Origanum vulgare



Taraxacum officinale



Mentha x piperita



Rosa rubiginosa



Rosmarinus officinalis



Salvia officinalis



Plantago lanceolata



Solidago virgaurea



Thymus vulgaris



Foeniculum vulgare



Sambucus nigra



Alchemilla vulgaris



Potentilla anserina



Piper nigrum



	Alka® Greens - Multi+ 10 sachets - 8 g per sachet	Alka® Greens - Multi+ 30 sachets - 8 g per sachet	Alka® Greens Caps - Multi+ 60 V-capsules
Quantity	10 sachets	30 sachets	60 capsules
How to use	Drink	Drink	Swallow a capsule
Dosage	1 sachet per dag	1 sachet per day	2 capsules per day
Hoe lang met 1 verpakking	10 days	30 days	30 days
Vitamin complex	+++++	+++++	+++++
Mineral complex	+++++	+++++	+++++
Alkaline nutrients such as algae, mushrooms, herbs, lactic acid bacteria, berries, grasses	+++++	+++++	++
100% plant based	Yes	Yes	Yes
Vegan omega 3	Yes	Yes	Yes
Vegan vitamine D	Yes	Yes	Yes
Gluten-free	Yes	Yes	Yes



Alka® Greens - Multi+



The most complete Greens available!

Alka® Greens - Multi+ is more than just an "ordinary multi. It is a comprehensive vitamin and mineral complex specifically designed for today's lifestyle.

The + represents the unique addition of alkaline ingredients, including vegetables, algae, mushrooms, fiber, enzymes, vegan omega-3, and lactic acid bacteria.

With over 60 powerful nutrients in a single sachet, it offers extensive support for your well-being.

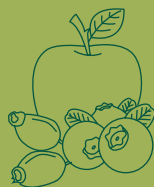
- ✓ Boosts the immune system¹
- ✓ Helps with fatigue²
- ✓ Good for your skin, hair and nails¹
- ✓ Beneficial for supple veins³
- ✓ Good for the heart⁴
- ✓ Contains alkaline barley grass and chlorophyll-rich wheatgrass
- ✓ Provides fiber, enzymes, lactic acid bacteria and many antioxidants
- ✓ Rich in natural B vitamins

¹zinc ²vitamin B3 ³vitamin B12 ⁴vitamin B6 ⁵vitamin C ⁶vitamin B1

Alka® Greens - Multi+



Vegetables



Fruits



Mushrooms



Herbs



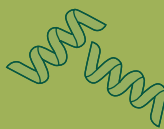
Algae



Lactic acid bacteria



Enzymes



Proteins

Composition per dose (sachet of 8 grams):



Vegan



Gluten-free



Natural

Vitamins	NRV ¹
Beta-carotene* (provitamin A)	2,5 mg -
Vitamin B1 (thiamin HCL)	0,275 mg 25%
Vitamin B2 (riboflavin sodium phosphate)	0,35 mg 25%
Vitamin B3 (niacinamide)	4 mg 25%
Vitamin B5 (calcium D-pantothenate)	1,5 mg 25%
Vitamin B6 (pyridoxal-5-phosphate)	0,35 mg 25%
Biotin (vitamin B7)	12,5 mg 25%
Folic acid (vitamin B9)	
(calcium methyltetrahydrofolate)	50 µg 25%
Vitamin B12 (methylcobalamin & adenosylcobalamin)	0,625 µg 25%
Vitamin C* (acerola)	20 mg 25%
Vitamin D3 (vegan)(pine nuts)(1000 IU)	25 µg 500%
Vitamin E* (d-alpha tocopheryl succinate)	3 mg 25%
Vitamin K2* (menaquinone all-trans MK-7)	18,75 µg 25%

Minerals	NRV ¹
Calcium* (lithothamnium calcareum)	200 mg 25%
Chromium (picolinate)	10 µg 25%
Iron (bisglycinate)	3,5 mg 25%
Iodine* (kelp)	37,5 µg 25%
Potassium (citrate)	300 mg 15%
Copper (bisglycinate)	0,25 mg 25%
Manganese (bisglycinate)	0,5 mg 25%
Magnesium (lithothamnium calcareum/oxide)	93,75 mg 25%
Molybdenum (sodium molybdate)	12,5 µg 25%
Selenium (L-selenomethionine)	13,75 µg 25%
Zinc (bisglycinate)	2,5 mg 25%

¹NRV = EU Nutrient Reference Values
* = product of natural origin

Net content

240 g e

Food supplement

Grasses	2891 mg
Wheat grass, Barley grass	
Algae	800 mg
Spirulina, Chlorella	
Vegetable Extracts	120 mg
Alfalfa, Broccoli, Spinach, Kale, Carrot, Beetroot	
Fruit Extracts	120 mg
Apple, Pomegranate, Grape, Acerola cherry, Rosehip	
Berry Mix	80 mg
Elderberry, Black currant, Red currant, Blueberry	
Herbal Extracts	100 mg
Dandelion leaf, Ginger, Turmeric, Solidago	
Mushroom Complex	30 mg
Shiitake, Reishi, Cordyceps	
Vegan Omega 3	100 mg
Ahiflower oil	
Lactic acid bacteria	1 x 10 ⁹ CFU
Bacillus coagulans	
Enzyme complex	
Amylase (1200 DU), Lactase (300 HUT), Cellulase (55 CU), Protease (200 ALU), Lipase (10 FIP)	
Fiber	1600 mg
Inulin	
Aroma	400 mg
Blueberries*	

REPLENISH NUTRIENTS (STEP 3)

Alka® Greens Caps - Multi+



Content: 60 v-capsules

Get a large amount of essential nutrients, quickly every day

Alka® Greens Caps - Multi+ is more than just an "ordinary multi. It is a comprehensive vitamin and mineral complex specifically designed for today's lifestyle.

The + represents the unique addition of alkaline ingredients, including **vegetables, algae, mushrooms, fiber, enzymes, vegan omega-3, and lactic acid bacteria.**

The composition of Alka® Greens - Multi+ and Alka® Greens Caps - Multi+ is the same. The difference is the method of ingestion. Alka® Greens Caps - Multi+ are vegan capsules. Additionally, the amount of alkaline nutrients in the capsules is slightly lower than in the powder sachets.

- ✓ Contributes to a healthy acid-base balance¹
- ✓ Boosts the immune system¹
- ✓ Helps with fatigue²
- ✓ Good for your skin, hair and nails¹
- ✓ Beneficial for supple veins³
- ✓ Good for the heart⁴
- ✓ Provides fiber, enzymes, lactic acid bacteria and many antioxidants
- ✓ Rich in natural B vitamins

¹zinc ²vitamin B3 ³vitamin B12 ⁴vitamin B6 ⁵vitamin C ⁶vitamin B1

Alka® Minerals



A complete and easily absorbable supplement to enhance your essential mineral supply

The more acidic wastes that are present in the body, the more minerals are needed to neutralize them.

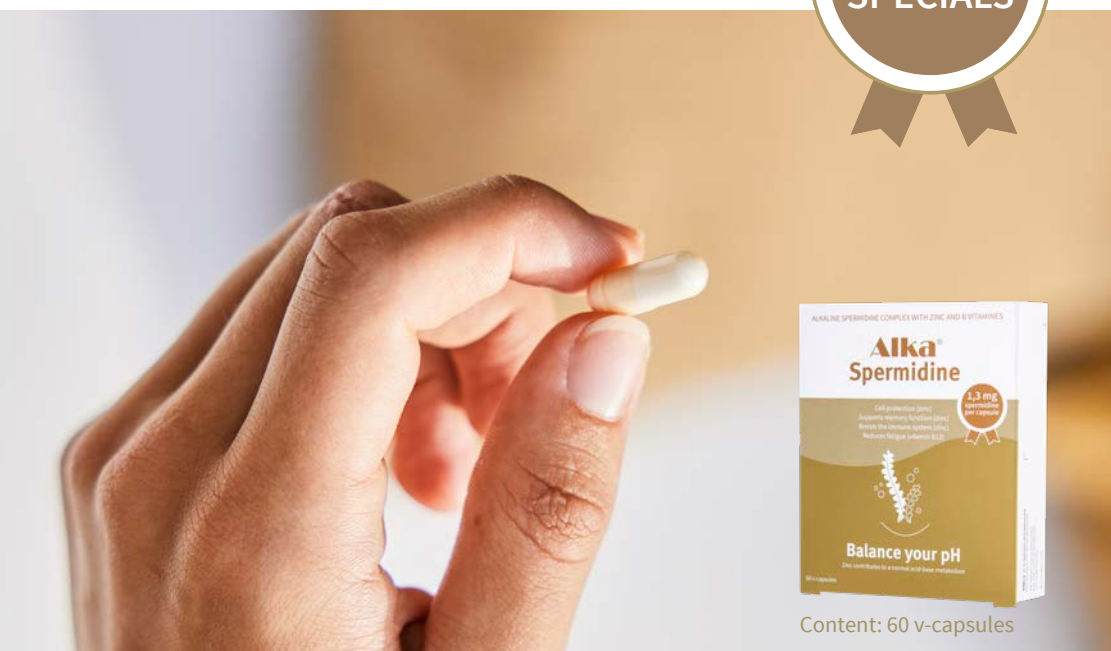
When minerals are depleted in the body, they are extracted from bones, hair, and nails. This process can weaken these essential structures and lead to a loss of vital building blocks.

Therefore, replenish your mineral supply promptly with **Alka® Minerals**. This natural formula, which is easily absorbed, contains calcium and magnesium sourced from specially cultivated algae in Iceland's pure seawater.

- ✓ Contributes to a healthy acid-base balance¹
- ✓ Boosts the immune system¹
- ✓ Helps with fatigue²
- ✓ Good for your skin, hair and nails¹
- ✓ Beneficial for supple veins³
- ✓ Good for the heart⁴
- ✓ Provides fiber, enzymes, lactic acid bacteria and many antioxidants
- ✓ Rich in natural B vitamins

¹zinc ²selenium ³copper ⁴iron

Alka® Spermidine



Highly dosed and gluten-free, from organic chlorella with B vitamins and zinc

Spermidine promotes **autophagy**, a vital process that helps your body clear and regenerate damaged cells. Healthy cells are essential for a healthy body.

The natural production of spermidine decreases with age. Therefore, supplementation with **Alka® Spermidine** may be beneficial.

Each capsule contains 1.3 mg of spermidine derived from organically grown chlorella, which provides easily absorbable B vitamins. The addition of zinc completes the formula!

- ✓ Contributes to a healthy acid-base balance¹
- ✓ Protecting cells¹
- ✓ Boosts the immune system¹
- ✓ Good for the memory¹
- ✓ Helps to reduce fatigue²
- ✓ 1.3 mg spermidine per capsule

¹zinc ²vitamin B12

Alka® Crème



Content: 50 of 150 ml

A deeply nourishing and multifunctional alkaline cream for all skin types

Alka® Crème is an alkaline crème enriched with nurturing ingredients such as shea butter, vitamin E, jojoba oil, and Q10.

It neutralizes acidic waste substances and provides deep, intensive care for the skin.

Acidic waste substances are released through the skin, which can make it too acidic. This can clog pores, lead to problem areas, and accelerate cell breakdown.

With a pH of 8.2, Alka® Crème **helps restore and maintain the natural skin balance**. The result is radiant and healthy skin!

- ✓ Versatile, gentle, and nourishing cream with a pH of 8.2
- ✓ For all skin types
- ✓ For both face and body
- ✓ Suitable as a day and night cream
- ✓ Alleviates itching from insect stings and eases discomfort caused by the processionary caterpillar
- ✓ Soothes the skin after a day in the sun
- ✓ Contains, among other things, shea butter, jojoba, almond, and coconut oils, Q10, and vitamin E

Alka® Scrub



Content: 250 grams

A treat for the skin, 3 functions in 1, and pure nature

Our skin naturally excretes acidic waste products daily. Factors such as our food choices and stress can increase this acidic load. When the skin becomes too acidic, it can lead to premature cell breakdown and various skin problems.

Alka® Scrub (pH 7.6) offers a unique solution. This scrub, based on Himalayan salt and sodium bicarbonate, effectively neutralizes acidic waste from your body (function 1) while richly nourishing the skin with minerals and oils (function 2). The natural scrub removes dead skin cells for soft and smooth skin (function 3).

Prevent skin issues and enjoy a radiant complexion with Alka® Scrub.

- ✓ **Pure and natural**
- ✓ **Assists in removing dead skin cells**
- ✓ **Intensively nourishes the skin with a blend of safflower, argan, jojoba, sunflower, and almond oil**
- ✓ **Contains Himalayan salt**
- ✓ **Achieving clean, radiant, and supple skin**
- ✓ **Supports skin's pH balance, with a pH of 7.6**

Alka® Mineral salt

Versatile in use:
(foot) bath
compress
rinse



Content: 600 & 1200 grams

Discover the multifunctionality of the 100% natural, alkaline mineral salt

Stress, acidifying foods, and environmental factors cause increased secretion of acids through the skin.

Although you may not always notice it right away, overly acidic skin does have an effect: it can cause skin cells to age faster and, in the long run, lead to problem areas.

You can support the skin's acid-base balance with **Alka® Mineral salt** to prevent this. With a pH of 8.5, it turns ordinary water into a **beneficial alkaline water**—ideal for bathing, foot baths, compresses or rinses.

- ✓ **Sodium bicarbonate helps to eliminate acidic waste from the body**
- ✓ **Relaxes the muscles due to its calcium and magnesium content**
- ✓ **Optimal moisture regulation through potassium and sodium**
- ✓ **Deep skin purification through bitter salt**
- ✓ **For bathing, hand and foot baths, compresses, rinses**
- ✓ **Contains 84 minerals and trace elements**
- ✓ **Contains gemstones that nourish the skin**
- ✓ **Gives bath water a pH value of around 8.5 (similar to the pH of amniotic fluid)**

Alka® Deo



Agate



Amazonite



Amber



Rock crystal



Carnelian



Chalcedony



Chialstolite



Chrysoprase



Citrine



Rose quartz



Turquoise



Emerald

MULTIFUNCTIONAL!

The alkaline mineral salt serves multiple purposes: it can be used for **bathing, foot baths, hand baths, nasal rinses, mouth rinses, compresses, scalp sprays, masks, and more.**

EFFICACY OF ALKA® MINERAL SALT

Alka® Mineral salt operates on multiple levels.

It effectively drains acidic waste products and neutralizes acidic deposits on the skin.

Additionally, it stimulates the production of new skin cells while providing rich mineralization and nourishment. The result is **deeply cleansed and balanced skin that feels silky, smooth, and supple.**

SPECIAL INGREDIENTS

12 types of gemstones

Extra skin nourishment.

Himalayan salt

Contains 84 original minerals and trace elements, which nourish cells and protect against acidification.

Magnesium en calcium

Contribute to muscle relaxation and is ideal after stress or sports.

MORE THAN SKIN CARE

In addition to restoring skin balance, Alka® Mineral salt is ideal for relaxing after a stressful day or intense sports session. The magnesium and calcium help relax the muscles.

ALKA® MINERAL SALT INGREDIENTS

Maris Sal, Himalayan salt, Sodium bicarbonate, Sodium carbonate, Potassium carbonate, Calcium carbonate, Magnesium sulfate, Agate, Amazonite, Amber, Rock crystal, Carnelian, Chalcedony, Chialstolite, Citrine, Chrysoprase, Rose quartz, Turquoise and Emerald.



Content: 30 ml & 75 ml

A natural alkaline deodorant, effective, free from harmful ingredients, and gentle on the skin

Alka® Deo works effectively thanks to its alkaline pH of 8.2. It neutralizes acidic odors from bacteria under your armpits for **long-lasting freshness.**

Unlike regular deodorants, the natural formula works in harmony with your body **without suffocating the skin.**

The deodorant is suitable for all skin types, including sensitive skin, due to its mild and caring ingredients. Furthermore, it is free of potentially harmful substances such as aluminum, parabens, microplastics, and propellants and has not been tested on animals.

- ✓ Natural odor neutralization through alkaline pH 8.2
- ✓ Based on natural ingredients
- ✓ Enhanced with the nourishing properties of Alka® Crème's butters and oils
- ✓ Free of aluminum and parabens
- ✓ Vegan
- ✓ Unisex
- ✓ Economical to use

Alka[®] Shampoo



Alkaline minerals for strong hair - from roots to tips

Our hair roots naturally contain alkaline minerals essential for healthy hair growth. Factors such as stress, acidification, and styling products can deplete these minerals, leading to a sensitive scalp, hair loss, dull hair, and premature aging.

Alka[®] Shampoo is enriched with **essential alkaline minerals that nourish the scalp and support hair roots.**

The 100% natural and hypoallergenic formula profoundly cleanses, cares intensively, and balances the scalp—the **result: firmer, shiny, and healthy hair - from roots to tips.**

- ✓ **100% natural**
- ✓ **Hypoallergenic**
- ✓ **Enriched with zinc, magnesium, copper, and organic jojoba oil**
- ✓ **Suitable for daily use**
- ✓ **For all skin types, even the most sensitive**
- ✓ **Cleanses thoroughly without causing dryness**
- ✓ **The hair becomes soft and easy to comb**

5 tips for eating alkaline

Acidic foods cause acidic waste in the body. With age, it becomes more challenging to get rid of those substances. Therefore, various issues can occur. Adjusting your diet reduces the accumulation of acidic waste in the body—less acidic more alkaline. Discover 5 simple tips below!

Note: If you are not taking alkaline supplements, you should eat 80% alkaline. The only problem is that you will then lack nutrients. Eating acidifying foods, such as fats and proteins, is necessary. If you do use alkaline supplements, then 60% is sufficient. That way, you get all the nutrients you need.

Tip 1: Limit fruit juices & soft drinks

Soft drinks and fruit juices—even those without sugar and with artificial sweeteners—are highly acidifying. Carbonic acid is also stressful because the body has to dispose of it properly with each sip. Would you like to drink fruit juice? Then choose fresh and enjoy in moderation.

Tip 2: Fill your plate with vegetables

Let vegetables take center stage, preferably at all meals. They are rich in vitamins and alkaline minerals. Steam them until they're al dente to retain their nutrients, and avoid using the microwave. If you enjoy bread, try topping it with avocado, cucumber, or tomato. This simple addition can make your bread-based meal more alkaline.

Tip 3: Moderate with fruit

Fruit contains many healthy nutrients, such as vitamins, minerals, and fiber. However, it also contains fruit sugars, which create acidic waste in the body. It is healthy to follow the guidelines and eat 2 pieces of fruit a day—just not much more.

Tip 4: Minimize sugars

Sugars are strong acidifiers—significantly refined white sugars. When you take a lot of them, you increase your chances of chronic acidosis. Do you like it sweet? Then, replace the white sugar with unrefined cane sugar, coconut blossom sugar, or plant-based Stevia.

Tip 5: Moderate with meat & fish

Meat contains a lot of purine—especially red meat. Purine is a substance from which uric acids can cause symptoms. Fish also contains relatively high amounts of purine and has an acidifying effect. Yet fish also contains many good essential fatty acids, which are indispensable. Do you want to prevent the accumulation of acidic waste by fish or meat? Then enjoy in moderation! Always combine meat or fish with a large portion of vegetables and alkaline water or alkaline tea.

ACID-BASE NUTRITION LIST					ACID-BASE NUTRITION LIST			
ALKALINE	Vegetables / Grasses	Iceberg lettuce	Arugula	White cabbage	Berry, red/black	Lime	Hemp seeds	Himalayan salt
		Potato	Kamutgrass	Savoy cabbage	Blueberry	Mandarin	Linseed	Peppermint
		Potato, sweet	Kelp	Celery	Cantaloupe	Mango	Caraway seeds	Oregano
		Alfalfa	Sprouts	Shallots	Lemon	Papaya	Cumin seeds	Thyme
		Endive, fresh	Garlic	Lettuce	Cranberry	Plums	Quinoa seeds	Sea salt
		Artichokes	Turnip	Green beans	Date	Watermelon	Sesame seeds	Beverages
		Aubergine	Kohlrabi	Spinach	Grape	Dried fruit	Spelt seeds	Tap water
		Chives	Cucumber	Spirulina	Raspberry	Apple	Fennel seeds	Herbal tea
		Cauliflower	Head lettuce	Sprouts	Pomegranate	Cranberry	Unprocessed grains	Non-carbonated
		Kale	Horseradish	Wheatgrass	Grapefruit	Dates	Buckwheat	mineral water
		Broccoli	Peppers	Taugé	Guava	Plums	Spices & seasonings	
		Zucchini	Pumpkin	Tomato	Honeydew melon	Raisins	Basil	
		French string beans	Leeks	Onion	Kaki	Figs	Cayenne pepper	
		Barley grass	Turnips	Lamb's lettuce	Cherry	Seeds	Lemongrass	
		Grass root	Radish r/w/b	Fennel	Kiwi	Chia seeds	Lemon balm	
		Green cabbage	Red beet	Watercress	Coconut, fresh	Fenugreek seeds	Curcuma	
		Field horsetail	Red cabbage	Witloof	Berry, blue	Hazelnut	Ginger, fresh	
SLIGHTLY ALKALINE	Vegetables / Grasses	Agar agar	Nuts	Vinegar, herbs & seasonings	Garlic	Fresh whey	Sweeteners	Beverages
		Asparagus	Brazil nuts	Apple cider vinegar	Wine vinegar	Oils and fats	Coconut blossom	Rooibos tea
		Mushrooms	Chestnuts	Pickles	Silver onions	Avocado oil	sugar	Tea, white en green
			Unprocessed grains	Pepper	Dairy	Coconut oil	Cold-washed honey	
SLIGHTLY ACIDIFYING	Vegetables / Grasses	Chickpeas	Unprocessed grains & rice	without yeast	Dairy, fats & eggs	Milk	Beverages	Soy milk, unsweetened
		Lima beans	Rice, brown	Whole wheat bread, wheat	Butter	Cream	Almond milk, unsweetened	Wine, red
		Lentils	Unpolished rice	without yeast	Cottage cheese	Yogurt	Sparkling mineral water	
		White beans	Bread & grain products	Sourdough bread, wheat	Protein	Oils and fats	Rice milk, unsweetened	
		Seeds			Ghee butter	Walnut oil		
		Pine nuts			Buttermilk			
ACIDIFYING	Meat, poultry & fish	Mackerel	Macadamia	Rice, white	White bread	Sunflower oil	Molasses	Beverages
		Oysters	Pecans	Rye	Dairy, fats & eggs	Sauces & flavorings	Sugar	Beer
		Organ meats	Peanuts	Spelt	Chocolate milk	Curry	Various	Cola (also light, zero)
		Pangafilet	Pistachios	Wheat	Egg yolk	Ketchup	Processed food	Energy drinks
		Poon	Pumpkin seeds	Bread & grain products	Halvarine	Mayonnaise	Chips	Soft drinks
		Crayfish	Walnuts	Brown bread with yeast	Hard cheese	Mustard	Chocolate	Coffee
		Beef	Sunflower seeds	Semolina	Cheese (processed)	Sweeteners	Ready-to-eat products	Liquor
		Dover sole	Unprocessed grains & rice	Pasta	Pudding / desserts	Beet sugar	Cookies	Distilled spirits
		Tilapia	Amaranth	Rye bread	Grated cheese	Brown rice syrup	Pizza	Tea, black
		Pork	Bulgur	Spelt bread	Yogurt, sweetened	Fructose	Candy	Fruit juice, sweetened
		Processed meats	Millet	Wheat bread	Yogurt drink	Dried sugar cane		Wine, rosé
		Salmon	Oats	Whole wheat bread with yeast	Oils & fats	Barley malt syrup		Wine, white
		Nuts	Corn		Hardened fats	Honey		
		Almonds			Corn oil	Artificial sweeteners		
		Cashews			Liquid butters	Lactose		

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Professional & personal advice

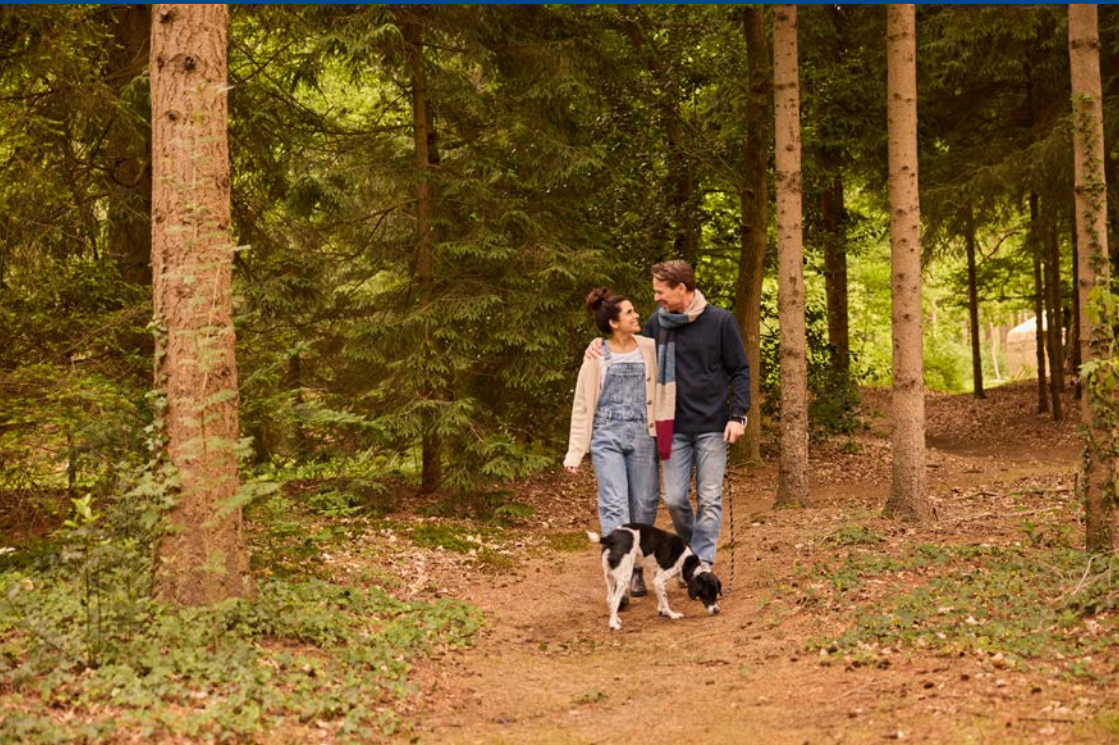
*Do you have questions about any of the Alka[®] products?
Would you like to receive personalized advice for your health?*

You are welcome to contact our Alka[®] Specialists for assistance:

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