

Alkaline Water



Alkaline Water for Good Health

Benefits of Alkaline Water

-  **1. Weight Loss**
drink alkaline water
-  **2. Detoxification**
filter out toxic metals
-  **3. PH Balance**
feight metabolic syndrome
-  **4. Bone Health**
help tackle bone loss
-  **5. Hydration**
tastes better - sweeter
-  **6. Heart Health**
best source of magnesium
-  **7. Energy/Enfurance**
fights off lactic acid

