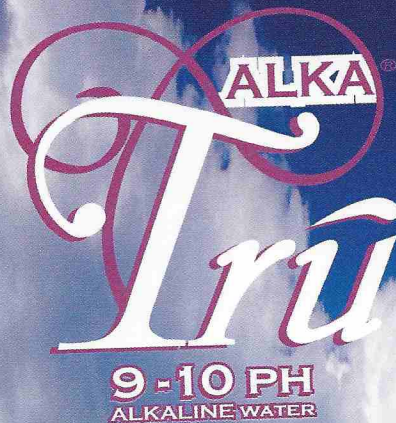




NATURAL AND STABLE ALKALINE WATER

Benefits of Tru Alka alkaline water

- Supreme Cellular Hydration
- Improves Physical Workouts
- Enhances Sports Performance
- Rapid Cellular Absorption
- Helps to Conquer Acidity
- Strengthens Bones and Teeth
- Aid in prevention of Osteoporosis
- Reduces Inflammation
- Decreases Constipation
- Increases Frequency of Bowel Movements
- Better Joint Movement
- Assists In Reducing Pain from Arthritis
- Increases Energy Levels
- Detoxifies Your Cells
- Assists In Prevention of Disease
- Improves Immune System
- Antioxidant Rich
- Aids in Weight Loss
- Increases ability to Focus
- Neutralizes Free Radicals
- Reduces Acid Reflux



www.trualka.com

888-9TRUH2O

888-987-8426

Well Being and Balance

"I Love My Tru"



Call 888-9TRU-H2O
(888-987-8426)
to set up your delivery service today!

Drink Tru Alka For Your Health

9-10 pH Alkaline Water with Ionic Minerals

pH Scale

Drink 1/2 your weight in ozs. alkaline water daily for optimal results



Consume Freely
Alkaline pH



Most foods get more acidic when cooked

10
1,000x more Alkaline

High Alkaline Ionized Water
Raw Spinach
Raw Broccoli
Artichokes
Raw Asparagus

Red Cabbage
Raw Celery
Cauliflower
Collard Greens
Cucumber
Raw Kale

Dandelion
Seaweeds
Raw Onions
Lemons & Limes
Rhubarb Stalks
Soy Lecithin-pure

Alfalfa Grass
Barley Grass
Wheat Grass
Black Radish
Soy Sprouts
Chia Sprouts

9
100x more Alkaline

Avocados
Borage Oil
Green Tea
Most Lettuce
Raw Zucchini

Red Radish
Red Beets
Raw Tomato
French Beans
Parsley-Cilantro

Raw Peas
Raw Eggplant
Alfalfa Sprouts
Green Beans
Beet Greens

Garlic or Chives
Dog/Shave Grass
Straw Grass
Lemon Grass
Cayenne Pepper

8
10x more Alkaline

Brussel Sprouts
Endive
Green Cabbage
Cooked Spinach
Cooked Broccoli
Cooked Asparagus

Lima Beans
Soy Beans-Fresh
Navy Beans
Cooked Peas
Cooked Eggplant
Sour Grapefruit

Raw Almonds
Wild Rice
Quinoa
Millet
Flax Seed Oil
Coconut Water

Chicory
Olives
Bell Peppers
Watercress
White Radish
Lamb's Lettuce

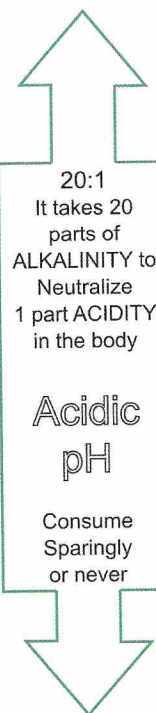
Neutral pH

7

Most Tap Water
Municipalities adjust tap water to be +/- 7.3 by using Chlorine to keep pH high enough to eliminate any bacterial growth etc.
Human Blood pH is 7.365

Most Olive Oils
Pumpkin Seeds
Primrose Oil
Marine Lipids
Sesame Seeds
Raw Goat Milk

Fennel Seeds
Sunflower Seeds
Leeks (bulbs)
Coconut & Oil
Barley
Sprouted Breads



20:1
It takes 20 parts of **ALKALINITY** to Neutralize 1 part **ACIDITY** in the body

Acidic pH

Consume Sparingly or never

6
10x more Acidic

Fresh H2O Fish
Lentils
Spelt
Soy Flour
Brazil Nuts
Wheat Kernels
Coconut

Macadamias
Grapes
Hazelnuts
Brown Rice
Wheat
Papaya
Stevia & Agave

Watermelon
Cantaloupe
Cherries
Strawberries
Plums
Blueberries
Raspberries

Dates
Peaches
Oranges
Pineapple
Banana
Mango
Walnuts

Most Bottled Water

5
100x more Acidic

Honey
Cooked Beans
Bread
Liver
Organ Meats
Cocoa
Soy Milk

White Rice
Potatoes
Butter-Corn Oil
Soft Cheeses
Milk & Cream
Cooked Tomatoes
Sweet Potatoes

Whole Grain
Rye Bread
White Bread
White Biscuit
Fruit Juice
Cashews
Oysters

Rice Cakes
Turbinado Sugar
Ketchup
Mayonnaise
Figs & Prunes
Rose Hips
Cooked Corn

Reverse Osmosis Water • Purified Waters • Vitamin Waters & Sports Beverages

4
1,000x more Acidic

Turkey
Ocean Fish
Chicken & Eggs
Hard Cheeses
Mustard

Canned Fruits
Beer & Wines
Cream Cheese
Most Pastries
Popcorn

Peanuts
Pistachios
Fruit Drinks
Beet Sugar
White Sugar

Coffee
Chocolate
Cranberries
Buttermilk
Tomato Sauce

Carbonated Water and Seltzer or Club Soda

3
10,000x more Acidic

Pork
Veal
Beef
Lamb
Pickles
Vinegar
Black Tea
Soy Sauce
Hard liquors
Canned Foods
Processed Foods
Micro waved Foods

Sweetened Fruits & Juices
Stress, Worry, Lack of Sleep
Tobacco Products (Chewed or Smoked)
Artificial Sweeteners (Sweet n' Low, Equal etc.)
16 oz. Chocolatty-Mocha-Frappuccinos
Sodas & Carbonated Beverages