



Pharmaceutical Bi-Carb Soda



- Aluminium free
- Pharmaceutical grade
- USDA Certified Organic
- Safe to ingest for all ages
- High alkaline - High pH
- 100% natural - not chemically made

THERAPEUTIC USES

- Restores body pH balance
- Relaxing Aching Muscles
- Mouth Wash
- Nasal Irrigation
- Softening the skin
- Antiseptic, Anti-fungal, Antibacterial
- Digestive Complaints

BEAUTY USES

- Deodorant
- Facial Scrub
- Teeth Whitening
- Shampoo
- Skin Softening and Rejuvenating
- Bath Bomb

OTHER USES

- Restore pH balance of pools and aquarium
- Bio Pesticide
- Natural Cleaner

HEALTH AND WELL BEING

For effective wellbeing, it is recommended to take 1 level teaspoon (4g) in 500ml of water 30-60 minutes before food or 90 minutes after food.

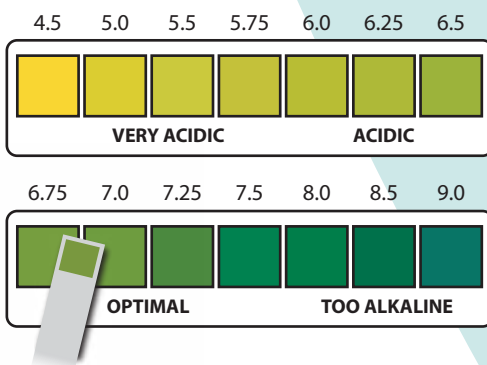
BEST TIME TO CHECK AND TAKE

First thing in the morning or before food. Check your pH with the test kit and write down the pH. To do this, break off a small piece of strip in the test kit and put it on your tongue for about 2 seconds.

Then check the strip with the scale on the side of the test kit.

Your pH should be 7.4 . If it is under 7.4, you need to start taking LuvinLife Pharmaceutical Bi-Carb Soda.

See below for dose needed.



DIRECTIONS

One level of teaspoon in a glass of water. Stir until dissolved.

Have more water if needed. Wait a minimum of half an hour to have food.

If your pH is low (5.5), take one level teaspoon 3 to 4 times a day.

If your pH is medium range (6.5 to 7.3), take one level of teaspoon twice a day.

If your pH is at 7.4, you only need one teaspoon a day.

First thing in the morning is the best.

KEEPING TRACK

Remember, the aim is to try and keep your sugar intake to a minimum. Get yourself a diary to keep track of your pH levels.

NOTICE: This document provides general information only.

Readers should seek independent professional advice from their practitioner or dietician in relation to their own individual circumstances or condition before making any decision based on the information in this document.

THE pH SCALE

