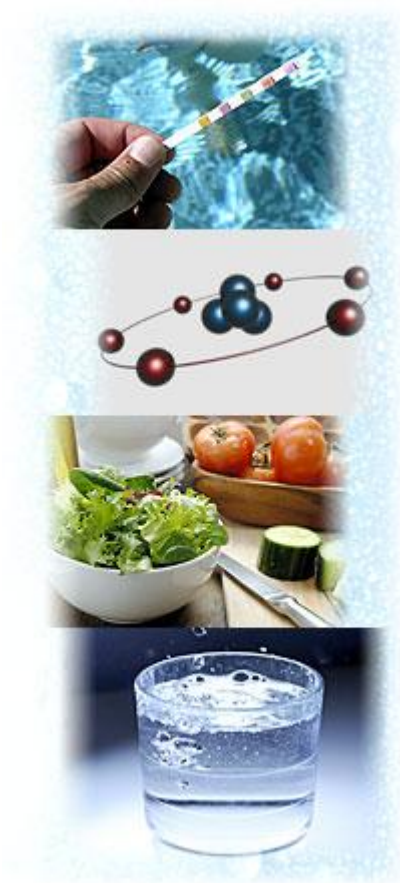


"From an evolutionary perspective, being slightly alkaline from a low-acid, high alkaline diet is the natural and optimal state of humans." American Journal of Clinical Nutrition, 2002, Vol. 76.



Some Common pH Values*

| Substance | pH |
|-----------------------|-------------|
| Acid mine runoff | -3.6 – 1.0 |
| Battery acid | -0.5 |
| Gastric acid | 1.5 – 2.0 |
| Lemon juice | 2.4 |
| Cola | 2.5 |
| Vinegar | 2.9 |
| Orange or apple juice | 3.5 |
| Beer | 4.5 |
| Acid Rain | <5.0 |
| Coffee | 5.0 |
| Tea or healthy skin | 5.5 |
| Milk | 6.5 |
| Pure water | 7.0 |
| Healthy human saliva | 6.5 – 7.4 |
| Blood | 7.34 – 7.45 |
| Sea water | 8.0 |
| Hand soap | 9.0 – 10.0 |
| Household ammonia | 11.5 |
| Bleach | 12.5 |
| Household lye | 13.5 |

*Information obtained from www.wikipedia.com