

FOOD SUPPLEMENT

• Potassium contributes to normal muscle function.*

PRODUCT INFORMATION:

| Five capsules typically provide: | Qty | %NRV** |
|-------------------------------------|-------|--------|
| Potassium | 945mg | 47 |
| Sodium | 407mg | |
| Kale leaf extract 10:1 | 50mg | |
| - equivalent to kale leaf powder | 500mg | |
| Spinach leaf extract 4:1 | 50mg | |
| - equivalent to spinach leaf powder | 200mg | |

**NRV = Nutrient Reference Value

DIRECTIONS: Adults take 5-6 capsules with a glass of water first thing in the morning ideally, or between meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE: Store in a cool, dry place out of reach of children.

HIGHER NATURE®

Alkaline pH capsules

Electrolytes with spinach and kale



180 VEGAN CAPSULES

INGREDIENTS: Potassium bicarbonate, sodium bicarbonate, capsule: hydroxypropyl methylcellulose, anti-caking agents: magnesium stearate, silicon dioxide; kale leaf extract, spinach leaf extract.

No artificial colours, flavours or preservatives.
No yeast, added sugar or salt.

WARNING: If you are pregnant, breastfeeding, taking any medication or have a medical condition (including high blood pressure, fluid retention or a kidney disorder), please consult your healthcare professional before using this product.

TO CHECK YOUR PH:

- Use test papers provided, every other day
- Test your evening urine
- Compare the colour against the chart inside the cover of test strip book
- Normal evening urine pH is between 7.5-8.0

highernature.com



PRODUCT INFO



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