



THE PURIST

PREMIUM AUSTRALIAN

NATURAL SPRING WATER AND

SPRING WATER WITH ANTI OXIDANT



Understanding pH Level and Alkaline

- **pH: What does it mean?**

pH is the abbreviation for *potential hydrogen*. The pH of any solution is the measure of its hydrogen-ion concentration. The higher the pH reading, the more alkaline and oxygen rich the fluid is. The lower the pH reading, the more acidic and oxygen deprived the fluid is. The pH range is from 0 to 14, with 7.0 being neutral. Anything above 7.0 is alkaline, anything below 7.0 is considered acidic.

The pH scale is from 0 - 14

0 1 2 3 4 5 6 7 healthy 8 9 10 11 12 13 14

Your body's pH level

- The pH level of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind can overwhelm your body, and lead to health complications.
- A healthy body is slightly alkaline measuring approximately 7.4. This ideal blood 7.4 pH measurement means it is just more alkaline than acid.
- If you have a health problem, most likely you are acidic. Research shows that unless the body's pH level is slightly alkaline, the body cannot heal itself. If your body's pH is not balanced, you cannot effectively assimilate vitamins, minerals and food supplements.

Your body pH affects everything.

What an acidic balance can do to your body

- An acidic balance will:
 - Decrease the body's ability to absorb minerals and other nutrients
 - Decrease the energy production in the cells
 - Decrease its ability to repair damaged cells
 - Decrease its ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness.
- An acidic pH can occur from
 - An acid forming diet
 - Emotional stress
 - Toxic overload
 - Immune reactions or any process that deprives the cells of oxygen and other nutrients.

The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur.

Ph Balance begins with super hydration

- Water is the most crucial factor in establishing and maintaining proper acid-alkaline balance. Since your body is 70% water, it is extremely important to constantly replenish your supply of it. The body loses 2.5 liters of water every day just through normal bodily functions. The quality of the water that you drink is just as important as the quantity of water you drink. The water you put in your body must be able to prevent toxins and chemical substances from accumulating and creating destructive influences on cells. Water must also transport minerals and nutrients required for cell metabolism, and remove any substances that can damage the cell. Ideally, the water you drink should have a pH between 7 and 8, and you should be drinking 3-4 liters of it daily

Drink alkaline water to hydrate your body optimally

Alkaline water helps to neutralize stored acids and toxins. Once these acids are neutralized, they can then be removed by the body.

Reports from studies suggest that alkaline water can help the body resist disease and slow aging by:

- Increasing Intracellular Hydration
- Replenishing Essential Minerals
- Stabilizing and Protecting Cells
- Helping To Maintain Normal Blood Flow and Acid Alkaline Balance
- Flushing Out and Preventing Wastes from Accumulating in Cells
- Preventing Free Radicals from Forming and Damaging Other Cells

Our AQUAessence natural spring water is naturally in an alkaline form with a pH level of 7.8

Spring water pH test

- We have performed pH test on three different types of water in the market



AQUAessence
pH: 7.8



Black &
Gold
pH: 5-6



Aqua
Pura
pH: 5-6




Frantelle
pH:5-6



Water Analysis Comparison

Constituency	Water For Life Water	Anti Oxidant water	Evian	Perrier	Vittel
pH	7.8	7.8	7.2	5.7	7.2
Bicarbonate	253	253	357	390	258
Calcium	79.9	79.9	78	147	91
Chloride	64	64	2.2	2.2	3.7
Magnesium	12.7	12.7	23	3	19.9
Nitrates	3.8	3.8	3.8	18.3	0.06
Potassium	1	1	1	0.3	5
Sodium	38.9	38.9	5	9	7.3
Sulphate	10	10	10	33	105
Total suspended solids	300	300	300	505	403

Our Anti-Oxidant water is from pure unadulterated spring water from our aquifer source . If desired the water constituencies can be varied through the application of filtering systems and additives.



In short, in order to hydrate your body optimally, you need to drink water that is in a natural alkaline form.

AQUAessence natural spring water will provide your body with all the essentials.