

AlkaPure pH Caps IV

(Calcium free – Sodium/Potassium Balanced)

AlkaPure pH is the latest product made in house by our compounding pharmacist Cyrus Kuhzarani. It alkalizes the body using solely carbonate and bi-carbonate salts, thus replenishing the body's bicarbonate buffering system at the same time.

Stress and diet are the biggest culprits, generating acidity. Our bodies have to work hard to maintain a constant blood pH, using mostly its bicarbonate buffering system. Alkalizing your system reduces acidic deposits and thus inflammation, but also makes you more stress-able by building up the bodies buffering capacity.

Conditions associated with hyperacidity are: osteoporosis, allergies, inflammation/pain, digestive disorders, acid reflux, eczema and many more.

AlkaPure pH is made calcium free to not further the calcium overload individuals experience on a typical western diet, when following standard supplemental recommendations for calcium. It also contains balanced amounts of Sodium and Potassium thus being kidney neutral.

AlkaPure pH should be dosed, based on urinary/salivary pH testing. Saliva presents a so-called ultra-filtrate of plasma and would thus more reflect the tissue pH. Urinary pH testing presents a closer look into excretion.

Assessment:

Measure your pH for three consecutive days:

“Early morning”, at around 10 o'clock a.m. and at around 3 o'clock p.m.

It is normal to be slightly acidic in the morning, as long as you turn alkaline, pH > 7, during the day.

Most of us, with stressful lifestyles tend to linger at a pH of 5.5 to 6.5 all day, preventing proper enzyme function, detoxification and promoting inflammation constantly.

Dosing:

Usually we start with 2 capsules twice daily around 10 a.m. and at 3 p.m, until first morning urine tests rise up to a pH of just below 7.

Then it is dosed down to 1 cap twice daily thereafter.