

Alkaline Tonic Recipe

If your pH is still below 6.8 while taking the Premier Calcium Magnesium Plus - add this evening pH tonic:

Ingredients

- The juice from half a lemon
- 1/4 teaspoon of baking soda (1.2 g)
- 1/2 cup of water (100 ml)

What should you do?

- First, squeeze the lemon juice and dilute it in the half cup of water.
- Then, add the baking soda and wait for the initial bubbles to pass.
- Drink this **once a day at bed time and re-check pH in the morning.**